



# PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>Du 8 au 14 juin</b>						
	8h-09h30 <b>YOGA ASHTANGA</b> Lionel Salle TRX					
09h30-10h15 <b>POSTURAL SCULPT</b> Ksenia Salle Fitness	09h30-10h15 <b>BODY SCULPT</b> Marlène Salle Fitness	09h30-10h15 <b>TRX (réservation)</b> Max Salle TRX	09h30-10h30 <b>CARDIO TRAINING</b> Earvin Salle Fitness	09h30-10h15 <b>TRX (réservation)</b> Benjamin Salle TRX		
10h15-11h <b>GYM STICK</b> Ksenia Salle Fitness	10h15-11h15 <b>PILATES FLOW</b> Marlène Salle Fitness	10h15-11h <b>C.A.F</b> Max Salle Fitness	10h30-11h30 <b>TRX (réservation)</b> Earvin Salle TRX	10h15-11h <b>C.A.F</b> Benjamin Salle Fitness	10h00 - 11h30 <b>SOPHRO YOGA</b> Fleur Etage Manoir	10h00 - 11h30 <b>YOGA HATHA</b> Sophie Etage Manoir
11h00-11h45 <b>STRETCHING</b> Ksenia Salle Fitness	11h15-11h45 <b>ABDOS FESSIERS</b> Marlène Salle Fitness	11h00-11h45 <b>PILATES</b> Max Salle Fitness	11h30-12h30 <b>STRETCHING</b> Earvin Salle Fitness	11h00-11h30 <b>STRETCHING</b> Benjamin Salle Fitness	10h30 - 11h30 <b>CARDIO TRAINING</b> Momo Salle Fitness	10h30 - 11h30 <b>CARDIO TRAINING</b> Candys Salle Fitness
12h00- 12h45 <b>PILATES</b> Regine Salle Fitness	11h45- 12h30 <b>STRETCHING</b> Marlène Salle Fitness	11h45 - 12h30 <b>STICK MOBILITY (réservation)</b> Max Salle TRX	12h30 - 13h15 <b>BODY SCULPT</b> Earvin Salle Fitness	11h30-12h15 <b>BODY SCULPT</b> Angela Salle Fitness	10h30 - 11h30 <b>TRX (réservation)</b> Candys Salle TRX	11h-12h <b>CROSS TRAINING</b> Marine Salle Fitness
12h45 - 13h45 <b>YOGA HATAH FLOW</b> Regine Salle Fitness	12h30 - 13h30 <b>BODY SCULPT</b> Marie Salle Fitness	12h40 - 13h40 <b>TRX YOGA (réservation)</b> Sylvie Salle TRX	13h15-13h45 <b>ABDOS FESSIERS</b> Marie Salle Fitness	12h15- 13h <b>Pilates</b> Angela Salle Fitness	11h30 - 13h <b>YOGA HATHA</b> Sophie Etage Manoir	11h30 - 12h30 <b>TRX (réservation)</b> Axel Salle TRX
	13h30 - 14h15 <b>STRETCHING</b> Marie Salle Fitness		13h45 - 14h15 <b>STRETCHING</b> Marie Salle Fitness	13h-13h30 <b>ABDOS FESSIERS</b> Angela Salle Fitness	11h30 - 12h15 <b>STRETCHING</b> Momo Salle Fitness	11h30 - 13h <b>YOGA HATHA</b> Sophie Etage Manoir
	14h15 - 15h45 <b>YOGA HATHA</b> Sophie Salle TRX	15h-16h <b>BARRE AU SOL</b> Ksenia Salle Fitness			12h15-13h15 <b>C.A.F</b> Momo salle Fitness	11h30-12h30 <b>STRETCHING</b> Jeremie Salle Fitness
		16h - 17h <b>ZUMBA</b> Ricco Salle Fitness			13h30-14h30 <b>PILATES</b> Jeremie Salle Fitness	12h30-13h30 <b>BODY BARRE</b> Axel Salle Fitness
					14h - 15h <b>TRX (réservation)</b> Axel Salle TRX	14h-14h45 <b>TRX (réservation)</b> Yanis Salle TRX
18h30- 19h30 <b>BODY BARRE</b> Axel Salle fitness	18h30-19h30 <b>PILATES</b> Ksenia Salle Fitness	18h30-19h30 <b>STEP &amp; SCULPT</b> Momo Salle Fitness	18h30-19h30 <b>BODY SCULPT</b> Brigitte Salle fitness	18h30- 19h30 <b>CARDIO TRAINING</b> Yanis Salle Fitness	15h-15h30 <b>ABDOS FLASH</b> Axel Salle TRX	14h45-15h15 <b>ABDOS FLASH</b> Yanis Salle Fitness
19h30-20h15 <b>TRX (réservation)</b> Axel Salle Fitness	19h30-20h15 <b>MOOVE DANCE</b> Ksenia Salle Fitness	19h30- 20h15 <b>Body barre</b> Momo Salle fitness	18h30-20h <b>YOGA ASHTANGA</b> Lionel Salle TRX		16h-17h <b>CROSS TRAINING</b> Yannick Cross Training	15h15-16h15 <b>ZUMBA</b> Ricco Salle Fitness
			19h30-20h15 <b>PILATES</b> Brigitte Salle Fitness			15h30- 16h30 <b>CROSS TRAINING</b> Candys Cross Training
<b>SMALL GROUP TRAINING ( PAYANT , réservation obligatoire )</b>						
10h45-11h45 <b>STICK MOBILITY</b> Max Salle TRX						
11h30-12h30 <b>MAGIC PILATES</b> Fred Salle de danse	11h30-12h30 <b>PILATES</b> Fred Salle de danse		11h30-12h30 <b>PILATES</b> Fred Salle de danse	11h45-12h45 <b>BARRE AU SOL</b> Ksenia Salle de danse		
		14h 15h <b>DYNAMIK SLIDE</b> Fred Salle Fitness				
<b>ESPACE AQUATIQUE</b>						
					9h15-10h <b>PERFECTIONNEMENT NATATION</b>	
10h15-11h00 <b>AQUA-FITNESS</b>	10h15-11h00 <b>AQUA-FITNESS</b>	10h15-11h00 <b>AQUA-FITNESS</b>	10h15-11h00 <b>AQUA-FITNESS</b>	10h15-11h00 <b>AQUA-FITNESS</b>		
11h15-12h00 <b>AQUA-FITNESS</b>	11h15-12h00 <b>AQUA-FITNESS</b>		11h15-12h00 <b>AQUA-FITNESS</b>	11h15-12h00 <b>AQUA-FITNESS</b>		
	Bien-être		Renforcement musculaire			Dansés
	Posturaux		Cours aquatiques			Cours cardio



# PLANNING STUDIO CLUB



Du 8 au 14 juin

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h30-10h25 Dynamic Power Full Body Axel			9h25-10h Pilates Reformer Intermediaire Axel			
		10h30-11h25 Pilates Reformer Intermediaire Morgane		10h40-11h35 Pilates Reformer Intermediaire Max		10h20-11h15 Dynamic Power Full Body Axel
12h05-13h Pilates Refomer Max	12h-12h55 Pilates Refomer Initiation Jeremie	11h30-12h25 Pilates Refomer Initiation Morgane	12h-12h55 Dynamic Power Lower Body Marine		11h45 12h40 Pilates Refomer Intermediaire Ksenia	
13h05-14h Dynamic Power Full Body Max	13h05-14h Dynamic Power Lower Body Jeremie			13h05-14h Dynamic Power Full Body Max		12h45 13h40 Dynamic Power Lower Body Jeremie
		14h-14h55 Pilates Refomer Initiation Sylvie				
		15h30-16h25 Dynamic Power Lower Body Marine			15h40-16h35 Dynamic Power Lower Body Axel	15h 15h55 Pilates Refomer Initiation Jeremie
16h-16h55 Dynamic Power Full Body Marine	16h-16h55 Dynamic Power Lower Body Marine	16h30-17h25 Dynamic Power Full Body Marine				
18h20- 19h15 Pilates Reformer intermediaire Fleur	19h-19h55 Dynamic Power Full Body Jeremie	19h-19h55 Pilates Refomer Initiation Fleur				

Le port de chaussettes antidérapantes est fortement recommandé