



LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
Semaine du 27 juillet au 2 Août													
		8h-09h30 YOGA ASHTANGA Lionel Salle TRX											
10h-11h GYM STICK Ksenia Salle Fitness	10h-11h POSTURAL SCULPT Yanis Salle Fitness		10h-11h C.A.F Max Salle Fitness	10h - 11h CARDIO TRAINING Candys Salle Fitness		10h-10h45 TRX Yannick Salle Fitness							
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h-11h45 C.A.F Yanis Salle Fitness		11h-11h45 PILATES Max Salle Fitness	11h-11h45 STRETCHING Candys Salle Fitness		10h45-11h30 STRETCHING Yannick Salle Fitness	10h30 - 11h30 CARDIO TRAINING Yannick Salle Fitness		10h30 - 11h30 CARDIO TRAINING Yanis Salle Fitness				
12h00- 12h45 PILATES Regine Salle Fitness	11h45-12h30 PILATES Jeremie Salle Fitness		11h45 - 12h30 STICKMOBILITY Max Salle Fitness	11h45 - 12h30 C.A.F Candys Salle TRX		11h30-12h15 Body Sculpt Yannick Salle Fitness	11h - 12h30 YOGA HATHA Sophie Etage Manoir		11h - 12h30 YOGA HATHA Sophie Etage Manoir				
12h45 - 13h45 YOGA HATA FLOW Regine Salle Fitness	12h30 - 13h30 BODY SCULPT Yanis Salle Fitness		12h40 - 13h40 TRX YOGA (réservation) Sylvie Salle TRX	12h30 - 13h15 BODY SCULPT Yannick Salle Fitness		12h15- 13h Stickmobility Yannick Salle Fitness	11h30 - 12h15 STRETCHING Jeremie Salle Fitness		11h30-12h30 STRETCHING Jeremie Salle Fitness				
	13h30 - 14h15 STRETCHING Yanis Salle Fitness			13h15-13h45 ABDOS FESSIERS Yannick Salle Fitness		13h-13h30 ABDOS FESSIERS Yannick Salle Fitness	12h15-13h15 C.A.F Yannick Salle Fitness		12h30-13h30 BODY BARRE Yanis Salle Fitness				
				13h45 - 14h15 STRETCHING Yannick Salle Fitness			13h30-14h30 PILATES Jeremie Salle Fitness		14h-14h45 TRX (réservation) Yanis Salle TRX				
							14h30 - 15h30 TRX (réservation) Axel Salle TRX		14h45-15h15 ABDOS FLASH Yanis Salle Fitness				
							15h30-16h ABDOS FLASH Axel Salle TRX						
18h30- 19h30 BODY BARRE Axel Salle fitness	18h30-19h30 PILATES Jeremie Salle Fitness		18h30-19h30 STEP & SCULPT Momo Salle Fitness	18h30-19h30 BODY SCULPT Brigitte Salle fitness		18h30- 19h30 CARDIO TRAINING Yanis Salle Fitness							
19h30-20h15 TRX (réservation) Axel Salle Fitness				18h30-20h YOGA ASHTANGA Lionel Salle TRX									
				19h30-20h15 PILATES Brigitte Salle Fitness									
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)													
												16H00- 17h30 YOGA ASHTANGA Lionel Salle TRX	
ESPACE AQUATIQUE													
11h 12h AQUA-FITNESS	11h 12h AQUA-FITNESS			11h 12h AQUA-FITNESS		11h 12h AQUA-FITNESS							
	Bien-être					Renforcement musculaire					Dansés		
	Posturaux					Cours aquatiques					Cours cardio		



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Semaine du 3 au 9 Août						
10h-11h GYM STICK Yanis Salle Fitness	10h-11h POSTURAL SCULPT Yanis Salle Fitness	10h-11h C.A.F Yanis Salle Fitness	10h - 11h CARDIO TRAINING Yannick Salle Fitness	10h-10h45 TRX Yannick Salle Fitness		
11h00-11h45 STRETCHING Yanis Salle Fitness	11h-11h45 C.A.F Yanis Salle Fitness	11h-11h45 STRETCHING Yanis Salle Fitness	11h-11h45 STRETCHING Yannick Salle Fitness	10h45-11h30 STRETCHING Yannick Salle Fitness	10h30 - 11h30 CARDIO TRAINING Yannick Salle Fitness	10h30 - 11h30 CARDIO TRAINING Yanis Salle Fitness
12h00- 12h45 STICKMOBILITY (réservation) Yanis Salle Fitness	11h45-12h30 PILATES Jeremie Salle Fitness	11h45 - 12h30 STICKMOBILITY (réservation) Yanis Salle Fitness	11h45 - 12h30 C.A.F Yannick Salle TRX	11h30-12h15 Body Sculpt Yannick Salle Fitness	11h - 12h30 YOGA HATHA Sophie Etage Manoir	11h - 12h30 YOGA HATHA Sophie Etage Manoir
12h45 - 13h45 STRETCHING Yanis Salle Fitness	12h30 - 13h30 BODY SCULPT Yanis Salle Fitness	12h40 - 13h40 TRX (réservation) Yanis Salle TRX	12h30 - 13h15 BODY SCULPT Yannick Salle Fitness	12h15- 13h Stickmobility Yannick Salle Fitness	11h30 - 12h15 STRETCHING Jeremie Salle Fitness	11h30-12h30 STRETCHING Jeremie Salle Fitness
	13h30 - 14h15 STRETCHING Yanis Salle Fitness		13h15-13h45 ABDOS FESSIERS Yannick Salle Fitness	13h-13h30 ABDOS FESSIERS Yannick Salle Fitness	12h15-13h15 C.A.F Yannick Salle Fitness	12h30-13h30 BODY BARRE Yanis Salle Fitness
			13h45 - 14h15 STRETCHING Yannick Salle Fitness		13h30-14h30 PILATES Jeremie Salle Fitness	14h-14h45 TRX (réservation) Yanis Salle TRX
					14h - 15h TRX (réservation) Yannick Salle TRX	14h45-15h15 ABDOS FLASH Yanis Salle Fitness
					15h-15h30 ABDOS FLASH Yannick Salle TRX	
18h30- 19h30 BODY BARRE Yanis Salle fitness	18h30-19h30 PILATES Jeremie Salle Fitness	18h30-19h30 STEP & SCULPT Yanis Salle Fitness	18h30-19h30 BODY SCULPT Yannick Salle fitness	18h30- 19h30 CARDIO TRAINING Yanis Salle Fitness		
			18h30-20h YOGA ASHTANGA Lionel Salle TRX			
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)						
						16H00- 17h30 YOGA ASHTANGA Lionel Salle TRX
ESPACE AQUATIQUE						
11h 12h AQUA-FITNESS	11h 12h AQUA-FITNESS		11h 12h AQUA-FITNESS	11h 12h AQUA-FITNESS		
	Bien-être		Renforcement musculaire			Dansés
	Posturaux		Cours aquatiques			Cours cardio