



# PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>Du 6 juillet au 12 juillet</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> Marie 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> Fleur Etage Manoir	11h30 - 12h30 <b>TRX (réservation)</b> Candys 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
		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> Candys Salle Fitness
					14h - 15h <b>TRX (réservation)</b> Yannick Salle TRX	14h-14h45 <b>TRX (réservation)</b> Yanis Salle TRX
18h30- 19h30 <b>BODY BARRE</b> Yanis 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> Yannick Salle TRX	14h45-15h15 <b>ABDOS FLASH</b> Yanis Salle Fitness
19h30-20h15 <b>TRX (réservation)</b> Yanis 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 TRX			11h45-12h45 <b>BARRE AU SOL</b> Ksenia Salle TRX		
		14h 15h <b>DYNAMIK SLIDE</b> Fred Salle Fitness				16H00- 17h30 <b>YOGA ASHTANGA</b> Lionel Salle TRX
<b>ESPACE AQUATIQUE</b>						
11h 12h <b>AQUA-FITNESS</b>	11h 12h <b>AQUA-FITNESS</b>		11h 12h <b>AQUA-FITNESS</b>	11h 12h <b>AQUA-FITNESS</b>		

	Bien-être		Renforcement musculaire			Dansés
	Posturaux		Cours aquatiques			Cours cardio



# PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
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Semaine du 13 juillet au 19 juillet

10h-11h <b>POSTURAL SCULPT</b> Ksenia Salle Fitness	10h-11h <b>POSTURAL SCULPT</b> Yanis Salle Fitness	10h-11h <b>C.A.F</b> Max Salle Fitness	10h-11h <b>TRX (réservation)</b> Candys Salle TRX	10h-10h45 <b>C.A.F</b> Yannick Salle Fitness		10h30 - 11h30 <b>CARDIO TRAINING</b> Candys Salle Fitness
11h00-11h45 <b>STRETCHING</b> Ksenia Salle Fitness	11h-11h45 <b>C.A.F</b> Yanis Salle Fitness	11h-11h45 <b>PILATES</b> Max Salle Fitness	11h-11h45 <b>STRETCHING</b> Candys Salle Fitness	10h45-11h30 <b>STRETCHING</b> Yanis Salle Fitness	10h30 - 11h30 <b>CARDIO TRAINING</b> Momo Salle Fitness	11h-12h <b>CROSS TRAINING</b> Marine Cross Training
12h00- 12h45 <b>PILATES</b> Regine Salle Fitness	11h45- 12h30 <b>STRETCHING</b> Yanis Salle Fitness	11h45 - 12h30 <b>STICKMOBILITY</b> Max Salle Fitness	11h45 - 12h30 <b>C.A.F</b> Candys Salle TRX	11h30-12h15 <b>Body sculpt</b> Angela Salle Fitness	10h30 - 11h30 <b>TRX (réservation)</b> Ksenia Salle TRX	11h - 12h30 <b>YOGA HATHA</b> Sophie Etage Manoir
12h45 - 13h45 <b>YOGA HATA FLOW</b> Regine Salle Fitness	12h30 - 13h30 <b>BODY SCULPT</b> Yanis Salle Fitness	12h40 - 13h40 <b>TRX YOGA (réservation)</b> Sylvie Salle TRX	12h30 - 13h15 <b>BODY SCULPT</b> Yannick Salle Fitness	12h15- 13h <b>PILATES</b> Angela Salle Fitness	11h - 12h30 <b>YOGA HATHA</b> Sophie Etage Manoir	11h30 - 12h30 <b>TRX (réservation)</b> Axel Salle TRX
	13h30 - 14h15 <b>STRETCHING</b> Yanis Salle Fitness		13h15-13h45 <b>ABDOS FESSIERS</b> Yannick Salle Fitness	13h-13h30 <b>ABDOS FESSIERS</b> Yannick Salle Fitness	11h30 - 12h15 <b>STRETCHING</b> Momo Salle Fitness	11h30-12h30 <b>STRETCHING</b> Jeremie Salle Fitness
		15h-16h <b>BARRE AU SOL</b> Ksenia Salle Fitness	13h45 - 14h15 <b>STRETCHING</b> Yannick Salle Fitness		12h15-13h15 <b>C.A.F</b> Momo Salle Fitness	12h30-13h30 <b>BODY BARRE</b> Axel Salle Fitness
		16h - 17H <b>ZUMBA</b> Ricco Salle Fitness			13h30-14h30 <b>PILATES</b> Jeremie Salle Fitness	14h-14h45 <b>TRX (réservation)</b> Yanis Salle TRX
					14h - 15h <b>TRX (réservation)</b> Axel Salle TRX	14h45-15h15 <b>ABDOS FLASH</b> Yanis Salle Fitness
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> Yannick Salle fitness	18h30- 19h30 <b>CARDIO TRAINING</b> Yanis Salle Fitness	15h-15h30 <b>ABDOS FLASH</b> Axel Salle TRX	15h30- 16h30 <b>CROSS TRAINING</b> Candys Cross Training
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			
			19h30-20h15 <b>Stickmobility</b> Yannick Salle Fitness			

## SMALL GROUP TRAINING ( PAYANT , réservation obligatoire )

11h30-12h30 <b>MAGIC PILATES</b> Fred Manoir			11h30-12h30 <b>PILATES</b> Fred Manoir			
		14h 15h <b>DYNAMIK SLIDE</b> Fred Salle Fitness				16H00- 17h30 <b>YOGA ASHTANGA</b> Lionel Salle TRX

## ESPACE AQUATIQUE

11h 12h <b>AQUA-FITNESS</b>	11h 12h <b>AQUA-FITNESS</b>		11h 12h <b>AQUA-FITNESS</b>	11h 12h <b>AQUA-FITNESS</b>		
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	Bien-être		Renforcement musculaire		Dansés
	Posturaux		Cours aquatiques		Cours cardio