



PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Semaine du 20 juillet au 26 juillet						
	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 TRX		10h30 - 11h30 CARDIO TRAINING Candys 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 Momo Salle Fitness	11h-12h CROSS TRAINING Yanis Cross Training
12h00- 12h45 PILATES Regine Salle Fitness	11h45- 12h30 STRETCHING Yanis Salle Fitness	11h45 - 12h30 STICKMOBILITY (réservation) Max Salle Fitness	11h45 - 12h30 C.A.F Candys Salle Fitness	11h30-12h15 Body Sculpt Yannick Salle Fitness	10h30 - 11h30 TRX (réservation) Ksenia Salle TRX	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 TRX Yannick Salle TRX	12h15- 13h STICKMOBILITY (réservation) Yannick Salle Fitness	11h - 12h30 YOGA HATHA Sophie Etage Manoir	11h30 - 12h30 TRX (réservation) Axel Salle TRX
	13h30 - 14h15 STRETCHING Yanis Salle Fitness		13h15-13h45 ABDOS FESSIERS Yannick Salle Fitness	13h-13h30 ABDOS FESSIERS Yannick Salle Fitness	11h30 - 12h15 STRETCHING Momo Salle Fitness	11h30-12h30 STRETCHING Jeremie Salle Fitness
		15h-16h BARRE AU SOL Ksenia Salle Fitness	13h45 - 14h15 STRETCHING Yannick Salle Fitness		12h15-13h15 C.A.F Momo Salle Fitness	12h30-13h30 BODY BARRE Axel Salle Fitness
		16h - 17h ZUMBA Ricco 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
18h30- 19h30 BODY BARRE Axel Salle fitness	18h30-19h30 PILATES Ksenia Etage Manoir	18h30-19h30 STEP & SCULPT Momo Salle Fitness	18h30-19h30 BODY SCULPT Brigitte Salle fitness	18h30- 19h30 CARDIO TRAINING Yanis Salle Fitness	15h30-16h ABDOS FLASH Axel Salle TRX	
19h30-20h15 TRX (réservation) Axel Salle Fitness	19h30-20h15 MOOVE DANCE Ksenia Etage Manoir		18h30-20h YOGA ASHTANGA Lionel Salle TRX			
			19h30-20h15 PILATES Brigitte Salle Fitness			
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)						
11h30-12h30 MAGIC PILATES Fred Etage manoir			11h30-12h30 PILATES Fred Etage manoir			
		14h 15h DYNAMIK SLIDE Fred Salle Fitness				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 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 STICKMOBOLITY 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