



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Semaine du 10 juillet au 16 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-11h TRX Yanis Salle Fitness		
11h00-11h45 STRETCHING Yanis Salle Fitness	11h-12h C.A.F Yanis Salle Fitness	11h-11h45 STRETCHING Yanis Salle Fitness	11h-12h STRETCHING Yannick Salle Fitness	11h-12h STRETCHING Yanis Salle Fitness	10h30 - 11h30 CARDIO TRAINING Yannick Salle Fitness	10h30 - 11h30 CARDIO TRAINING Yanis Salle Fitness
		11h45 - 12h30 STICKMOBILITY (réservation) Yanis Salle Fitness			11h - 12h30 YOGA HATHA Sophie Etage Manoir	11h - 12h30 YOGA HATHA Sophie Etage Manoir
12h30 - 13h15 BODY SCULPT Yannick Salle Fitness	12h30 - 13h30 BODY SCULPT Yanis Salle Fitness	12h40 - 13h40 TRX (réservation) Yanis Salle TRX	12h30 - 13h15 BODY SCULPT Yannick Salle Fitness	12h30 - 13h15 BODY SCULPT Yanis Salle Fitness	11h30 - 12h15 STRETCHING Jeremie Salle Fitness	11h30-12h30 STRETCHING Jeremie Salle Fitness
13h15-13h45 ABDOS FESSIERS Yannick Salle Fitness	13h30 - 14h15 STRETCHING Yanis Salle Fitness		13h15-13h45 ABDOS FESSIERS Yannick Salle Fitness	13h15-13h45 ABDOS FESSIERS Yanis 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
18h30- 19h30 BODY BARRE Yanis Salle fitness	18h30-19h30 PILATES Jeremie Salle Fitness	18h30-19h30 STEP & SCULPT Yanis Salle Fitness	18h30-20h YOGA ASHTANGA Lionel Salle TRX	18h30- 19h30 CARDIO TRAINING Yanis 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