



PLANNING FITNESS / AQUA



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Du 26 octobre au 1 novembre						
	8h-09h30 YOGA ASHTANGA Lionel Salle TRX					
10h-11h GYM STICK Ksenia Salle Fitness	10h-11h BODY SCULPT Yannick Salle Fitness	10h-11h C.A.F Max Salle Fitness	10h-11h TRX (réservation) Axel Salle TRX	10h-11h C.A.F Candys Salle Fitness	10h-11h30 YOGA MIX Antje Etage Manoir	10h30 - 11h30 CARDIO TRAINING Candys Salle Fitness
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h-11h45 ABDOS FESSIERS Yannick Salle Fitness	11h00-11h45 PLATES Max Salle Fitness	11h15-12h15 STRETCHING Axel Salle Fitness	11h-11h45 STRETCHING Candys Salle Fitness	10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness	11h-12h CROSS TRAINING Marine Salle Fitness
12h- 13h PILATES Axel Salle Fitness	11h45- 12h30 STRETCHING Yannick Salle Fitness	11h45 - 12h30 STICK MOBILITY (réservation) Max Salle TRX	12h30 - 13h15 BODY SCULPT Marie Salle Fitness	11h45-12h30 GYM STICK Candys Salle Fitness	10h30 - 11h30 TRX (réservation) Candys Salle TRX	11h - 12h30 YOGA HATHA Sophie Etage Manoir
12h45 - 13h45 POSTURAL STRETCH AXEL Salle Fitness	12h30 - 13h30 CAF Marie Salle Fitness		13h15-13h45 ABDOS FESSIERS Marie Salle Fitness	12h30 13h30 STICK MOBILITY (réservation) Candys Salle Fitness	11h30 - 13h YOGA HATHA Sophie Etage Manoir	11h30 - 12h30 TRX (réservation) Axel Salle TRX
	13h30 - 14h15 STRETCHING Marie Salle Fitness		13h45 - 14h15 STRETCHING Marie Salle Fitness		11h30 - 12h15 STRETCHING Momo Salle Fitness	11h30-12h30 STRETCHING Candys Salle Fitness
		15h-16h BARRE AU SOL Ksenia 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 Axel Fitness	13h30-14h30 TRX (réservation) Yannick Salle TRX
					14h30 - 15h30 TRX (réservation) Axel Salle TRX	14h30-15h ABDOS FLASH Yannick Salle Fitness
18h30- 19h30 BODY BARRE Axel Salle fitness	18h30-19h30 BARRE AU SOL Perrine Salle Fitness	18h30-19h30 STEP & SCULPT Momo Salle Fitness	18h30-19h30 BODY SCULPT Yannick Salle fitness	18h30- 19h30 CARDIO TRAINING Candys Salle Fitness	15h30-16h ABDOS FLASH Axel Salle TRX	15h-16h ZUMBA Ricco Salle Fitness
19h30-20h15 TRX (réservation) Axel Salle Fitness	19h30-20h15 MOOVE DANCE Perrine Salle Fitness	19h30- 20h15 BODY BARRE Momo Salle fitness	18h30-20h YOGA ASHTANGA Lionel Salle TRX		16h-17h CROSS TRAINING Yannick Cross Training	15h30- 16h30 CROSS TRAINING Yannick Cross Training
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)						
				11h45-12h45 BARRE AU SOL Ksenia Salle de danse		
						16H00- 17h30 YOGA ASHTANGA Lionel Salle TRX
ESPACE AQUATIQUE						
10h-11h AQUA-FITNESS	10h-11h AQUA-FITNESS		10h-11h AQUA-FITNESS	10h-11h AQUA-FITNESS		
	Bien-être		Renforcement musculaire			Dansés
	Posturaux		Cours aquatiques			Cours cardio