PLANNING FITNESS / AQUA

Du 16 au 22 novembre

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	8h-09h30 YOGA ASHTANGA Lionel Salle TRX					
09h30-10h15 POSTURAL SCULPT Ksenia Salle Fitness	09h30-10h15 BODY SCULPT Marlène Salle Fitness	09h30-10h15 TRX (réservation) Max Salle TRX	9h30 - 10h30 CARDIO TRAINING Axel Salle Fitness	09h30-10h15 TRX (reservation) Candys Salle TRX		
10h15-11h GYM STICK Ksenia Salle Fitness	10h15-11h15 PILATES FLOW Marlène Salle Fitness	10h15-11h C.A.F Max Salle Fitness	10h30-11h15 TRX (réservation) Axel Salle TRX	10h15-11h C.A.F Candys Salle Fitness	10h-11h30 YOGA MIX Antje Etage Manoir	10h00 - 11h30 YOGA HATHA Sophie Etage Manoir
11h00-11h45 STRETCHING Ksenia Salle Fitness	11h15-11h45 ABDOS FESSIERS Marlène Salle Fitness	11h00-11h45 PILATES Max Salle Fitness	11h15-12h15 STRETCHING Axel Salle Fitness	11h-11h45 STRETCHING Candys Salle Fitness	10h30 - 11h30 CARDIO TRAINING Momo Salle Fitness	10h30 - 11h30 CARDIO TRAINING Candys Salle Fitness
12h00- 12h45 PILATES Brigitte Salle Fitness	11h45- 12h30 STRETCHING Marlène 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) Ksenia Salle TRX	11h-12h CROSS TRAINING Marine Salle Fitness
12h45 - 13h45 YOGA VINYASA Brigitte Salle Fitness	12h30 - 13h30 CAF Yannick 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 Yannick Salle Fitness		13h45 - 14h15 STRETCHING Marie Salle Fitness		11h30 - 12h15 STRETCHING Momo Salle Fitness	11h30 - 13h YOGA HATHA Sophie Etage Manoir
		15h-16h BARRE AU SOL Ksenia Salle Fitness			12h15-13h15 C.A.F Momo salle Fitness	11h30-12h30 STRETCHING Candys Salle Fitness
		16h - 17H ZUMBA Ricco Salle Fitness			13h30-14h30 PILATES Axel Salle Fitness	12h30-13h30 BODY BARRE Axel Salle Fitness
					14h30 - 15h30 TRX (réservation) Axel Salle TRX	13h30-14h30 TRX (réservation) Yannick Salle TRX
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	14h30-15h ABDOS FLASH Yannick 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	15h-16h ZUMBA Ricco Salle Fitness
						15h30- 16h30 CROSS TRAINING Yannick Cross Trainning
SMALL GROUP TRAINING (PAYANT , réservation obligatoire)						
11h30-12h30 MAGIC PILATES Fred Salle de danse						
	11h30-12h30 PILATES Fred Salle de danse		11h30-12h30 PILATES Fred Salle de danse	11h45-12h45 BARRE AU SOL Ksenia Salle de danse		
		14h 15h DYNAMIK SLIDE Fred Salle Fitness				16H00- 17h30 YOGA ASHTANGA Lionel Salle TRX
ESPACE AQUATIQUE						
					9h15-10h PERFECTIONNEMENT NATATION	
10h15-11h00 AQUA-FITNESS	10h15-11h00 AQUA-FITNESS	10h15-11h00 AQUA-FITNESS	10h15-11h00 AQUA-FITNESS	10h15-11h00 AQUA-FITNESS		
11h15-12h00 AQUA-FITNESS	11h15-12h00 AQUA-FITNESS		11h15-12h00 AQUA-FITNESS	11h15-12h00 AQUA-FITNESS		

	Bien-être		Renforcement musculaire		Dansés
	Posturaux		Cours aquatiques		Cours cardio