



# PLANNING FITNESS / AQUA



| LUNDI                                                     | MARDI                                                    | MERCREDI                                                                    | JEUDI                                                        | VENDREDI                                                    | SAMEDI                                                      | DIMANCHE                                                   |
|-----------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------|
| Semaine du 14 au 20 Avril                                 |                                                          |                                                                             |                                                              |                                                             |                                                             |                                                            |
| 10h00-11h00<br>GYM STICK<br>Ksenia<br>Salle Fitness       | 10h00-11h00<br>PILATES FLOW<br>Benjamin<br>Salle Fitness | 10h00-11h00<br>CAF<br>Max<br>Salle Fitness                                  | 10h00-11h00<br>CARDIO BOXING<br>Marie.C<br>Salle Fitness     | 10h00-10h45<br>CAF<br>Marie C<br>Salle Fitness              |                                                             |                                                            |
| 11h00-11h45<br>STRETCHING<br>Ksenia<br>Salle Fitness      | 11h00-11h45<br>CAF<br>Benjamin<br>Salle Fitness          | 11h00-12h00<br>PILATES<br>Max<br>Salle Fitness                              | 11h00-12h00<br>TRX (réservation)<br>Marie C<br>Salle Fitness | 10h45-11h30<br>STRETCHING<br>Marie C<br>Salle Fitness       |                                                             |                                                            |
| 12h00- 12h45<br>PILATES<br>Brigitte<br>Salle Fitness      | 11h45- 12h30<br>STRETCHING<br>Benjamin<br>Salle Fitness  | 12h - 13h<br>TRX YOGA (réservation)<br>Sylvie<br>Salle TRX                  | 12h-13h00<br>STRETCHING<br>Marie C<br>Salle Fitness          | 11h45-12h45<br>BODY SCULPT<br>Jeremie<br>Salle Fitness      | 10h30 - 11h30<br>CARDIO TRAINING<br>Momo<br>Salle Fitness   | 11h00- 12h00<br>CROSS TRAINING<br>Marine<br>Cross Training |
| 12h45 - 13h45<br>YOGA DU DOS<br>Brigitte<br>Salle Fitness |                                                          |                                                                             |                                                              | 12h45- 13h30<br>STRETCHING<br>Jeremie<br>Salle Fitness      | 10h30 - 11h30<br>TRX (réservation)<br>Ksenia<br>Salle TRX   | 10h30 - 11h15<br>CARDIO TRAINING<br>Axel<br>Salle Fitness  |
|                                                           |                                                          | 15h00-16h00<br>BARRE AU SOL<br>Ksenia<br>Salle Fitness                      |                                                              |                                                             | 11h00 - 12h30<br>YOGA HATHA<br>Sophie<br>Etage Manoir       | 11h30 - 12h30<br>TRX (réservation)<br>Axel<br>Salle TRX    |
|                                                           | 14h30 - 16h00<br>YOGA HATHA<br>Sophie<br>Salle TRX       | 16h00 - 17H00<br>ZUMBA<br>Ricco<br>Salle Fitness                            |                                                              |                                                             | 11h30 - 12h15<br>STRETCHING<br>Momo<br>Salle Fitness        | 11h00 - 12h30<br>YOGA HATHA<br>Sophie<br>Etage Manoir      |
|                                                           |                                                          |                                                                             |                                                              |                                                             | 12h15 – 13h15<br>CAF<br>Momo<br>Salle Fitness               | 11h15 - 12h00<br>STRETCHING<br>Earvin<br>Salle Fitness     |
|                                                           |                                                          |                                                                             |                                                              |                                                             |                                                             | 12h30-13h30<br>BODY BARRE<br>Axel<br>Salle Fitness         |
|                                                           |                                                          |                                                                             |                                                              |                                                             | 14h30 - 15h30<br>TRX (réservation)<br>Axel<br>Salle TRX     | 13h30– 14h30<br>TRX (réservation)<br>Diego<br>Salle TRX    |
| 18h30- 19h30<br>CARDIO TRAINING<br>Axel<br>Salle Fitness  | 18h30- 19h30<br>PILATES<br>Ksenia<br>Salle Fitness       | 18h30-19h30<br>CROSS TRAINING<br>(réservation)<br>Marie C<br>Cross Training | 18h30- 19h30<br>BODY BARRE<br>Axel<br>Salle fitness          | 18h30- 19h30<br>CARDIO TRAINING<br>Jeremie<br>Salle Fitness | 15h30-16h00<br>ABDOS FLASH<br>Axel<br>Salle TRX             | 15h00-16h00<br>ZUMBA<br>Ricco<br>Salle Fitness             |
| 19h30-20h15<br>TRX (réservation)<br>Axel<br>Salle Fitness | 19h30-20h15<br>MOOVE DANCE<br>Ksenia<br>Salle Fitness    | 19h30- 20h15<br>FIT BALANCE<br>Marie C<br>Salle fitness                     | 19h30-20h15<br>SPECIAL MOBILITE<br>Axel<br>Salle Fitness     |                                                             | 16h00- 17h00<br>CROSS TRAINING<br>Jeremie<br>Cross Training | 16h00- 17h00<br>CROSS TRAINING<br>Diego<br>Cross Training  |
| SMALL GROUP TRAINING ( PAYANT , réservation obligatoire ) |                                                          |                                                                             |                                                              |                                                             |                                                             |                                                            |
| 11h00-12h00<br>STICK MOBILITY<br>Max<br>Salle TRX         |                                                          |                                                                             |                                                              |                                                             |                                                             |                                                            |
| 12h00-13h00<br>PILATES<br>Max<br>Salle TRX                | 11h30-12h30<br>PILATES<br>Etage Manoir<br>Salle de danse |                                                                             | 11h30-12h30<br>PILATES<br>Etage Manoir<br>Salle de danse     |                                                             |                                                             | 14H30 - 15h45<br>KRAV MAGA<br>Yacine<br>Salle TRX          |
| ESPACE AQUATIQUE                                          |                                                          |                                                                             |                                                              |                                                             |                                                             |                                                            |
| 11h00-12h00<br>AQUA-FITNESS                               | 11h00-12h00<br>AQUA-FITNESS                              |                                                                             | 11h00-12h00<br>AQUA-FITNESS                                  | 11h00-12h00<br>AQUA-FITNESS                                 |                                                             |                                                            |
|                                                           |                                                          |                                                                             |                                                              |                                                             |                                                             |                                                            |
|                                                           | Bien-être                                                |                                                                             | Renforcement musculaire                                      |                                                             | Dansés                                                      |                                                            |
|                                                           | Posturaux                                                |                                                                             | Cours aquatiques                                             |                                                             | Cours cardio                                                |                                                            |



# PLANNING FITNESS / AQUA



| LUNDI Férié                                               | MARDI                                                    | MERCREDI                                                                    | JEUDI                                                        | VENDREDI                                                  | SAMEDI                                                      | DIMANCHE                                                           |
|-----------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------|
| Semaine du 21 au 27 Avril                                 |                                                          |                                                                             |                                                              |                                                           |                                                             |                                                                    |
| 10h00-11h00<br>GYM STICK<br>Ksenia<br>Salle Fitness       | 10h00-11h00<br>PILATES FLOW<br>Benjamin<br>Salle Fitness | 10h00-11h00<br>TRX (réservation)<br>Jeremie<br>Salle TRX                    | 10h00-11h00<br>CARDIO BOXING<br>Marie.C<br>Salle Fitness     | 10h00-10h45<br>CAF<br>Marie C<br>Salle Fitness            |                                                             |                                                                    |
| 11h00-11h45<br>STRETCHING<br>Ksenia<br>Salle Fitness      | 11h00-11h45<br>CAF<br>Benjamin<br>Salle Fitness          | 11h00-12h00<br>CAF<br>Jeremie<br>Salle Fitness                              | 11h00-11h45<br>TRX (réservation)<br>Marie C<br>Salle Fitness | 10h45-11h30<br>STRETCHING<br>Marie C<br>Salle Fitness     |                                                             |                                                                    |
| 12h00- 13h30<br>YOGALAT<br>Brigitte<br>Salle Fitness      | 11h45- 12h30<br>STRETCHING<br>Benjamin<br>Salle Fitness  | 12h00-13h00<br>STRETCHING<br>Jeremie<br>Salle Fitness                       | 11h45-12h30<br>STRETCHING<br>Marie C<br>Salle Fitness        | 11h30-12h15<br>POSTURAL SCULPT<br>Angela<br>Salle Fitness | 10h30 - 11h30<br>CARDIO TRAINING<br>Momo<br>Salle Fitness   | 11h00- 12h00<br>CROSS TRAINING<br>Marine<br>Cross Training         |
|                                                           | 12h30 - 13h15<br>BODY SCULPT<br>Marie A<br>Salle Fitness |                                                                             | 12h30 - 13h15<br>BODY SCULPT<br>Marie A<br>Salle Fitness     | 12h15- 13h<br>PILATES<br>Angela<br>Salle Fitness          | 10h30 - 11h30<br>TRX (réservation)<br>Ksenia<br>Salle TRX   | 10h30 - 11h15<br>CARDIO TRAINING<br>Axel<br>Salle Fitness          |
|                                                           | 13h15-13h45<br>SPECIAL ABDOS<br>Marie A<br>Salle Fitness |                                                                             | 13h15-13h45<br>SPECIAL ABDOS<br>Marie A<br>Salle Fitness     | 13h-13h30<br>SPECIAL FESSIERS<br>Angela<br>Salle Fitness  | 11h00 - 12h30<br>YOGA HATHA<br>Sophie<br>Etage Manoir       | 11h30 - 12h30<br>TRX (réservation)<br>Axel<br>Salle TRX            |
|                                                           | 13h45 - 14h15<br>STRETCHING<br>Marie A<br>Salle Fitness  |                                                                             | 13h45 - 14h15<br>STRETCHING<br>Marie A<br>Salle Fitness      |                                                           | 11h30 - 12h15<br>STRETCHING<br>Momo<br>Salle Fitness        | 11h00 - 12h30<br>YOGA HATHA<br>Sophie<br>Etage Manoir              |
|                                                           | 14h30 - 16h00<br>YOGA HATHA<br>Sophie<br>Salle TRX       | 15h00-16h00<br>BARRE AU SOL<br>Ksenia<br>Salle Fitness                      |                                                              |                                                           | 12h15 - 13h15<br>CAF<br>Momo<br>Salle Fitness               | 11h15 - 12h00<br>STRETCHING<br>Earvin<br>Salle Fitness             |
|                                                           |                                                          | 16h00 - 17H00<br>ZUMBA<br>Ricco<br>Salle Fitness                            |                                                              |                                                           |                                                             | 12h30-13h30<br>BODY BARRE<br>Axel<br>Salle Fitness                 |
|                                                           |                                                          |                                                                             | 18h30- 19h30<br>BODY BARRE<br>Axel<br>Salle fitness          |                                                           | 14h30 - 15h30<br>TRX (réservation)<br>Axel<br>Salle TRX     | 13h30- 14h30<br>TRX (réservation)<br>Diego<br>Salle TRX            |
| 18h30- 19h30<br>CARDIO TRAINING<br>Axel<br>Salle Fitness  | 18h30- 19h30<br>PILATES<br>Ksenia<br>Salle Fitness       | 18h30-19h30<br>CROSS TRAINING<br>(réservation)<br>Marie C<br>Cross Training | 18h30-20h00<br>YOGA ASHTANGA<br>Lionel<br>Salle TRX          | 18h30- 19h30<br>CARDIO TRAINING<br>Momo<br>Salle Fitness  | 15h30-16h00<br>ABDOS FLASH<br>Axel<br>Salle TRX             | 15h00-16h00<br>ZUMBA<br>Ricco<br>Salle Fitness                     |
| 19h30-20h15<br>TRX (réservation)<br>Axel<br>Salle Fitness | 19h30-20h15<br>MOOVE DANCE<br>Ksenia<br>Salle Fitness    | 19h30- 20h15<br>FIT BALANCE<br>Marie C<br>Salle fitness                     | 19h30-20h15<br>SPECIAL MOBILITE<br>Axel<br>Salle Fitness     |                                                           | 16h00- 17h00<br>CROSS TRAINING<br>Jeremie<br>Cross Training | 16h00- 17h00<br>CROSS TRAINING<br>Diego<br>Cross Training          |
| SMALL GROUP TRAINING ( PAYANT , réservation obligatoire ) |                                                          |                                                                             |                                                              |                                                           |                                                             |                                                                    |
|                                                           |                                                          |                                                                             |                                                              |                                                           |                                                             | 14H30 - 15h45<br>KRAV MAGA<br>Yacine<br>Salle TRX                  |
|                                                           |                                                          | 16H00- 17h30<br>ATELIER HANDSTAND<br>Lionel<br>Salle TRX                    |                                                              |                                                           |                                                             | 16H00- 17h30<br>YOGA ASHTANGA<br>(CONFIRME)<br>Lionel<br>Salle TRX |
| ESPACE AQUATIQUE                                          |                                                          |                                                                             |                                                              |                                                           |                                                             |                                                                    |
| 11h00-12h00<br>AQUA-FITNESS                               | 11h00-12h00<br>AQUA-FITNESS                              |                                                                             | 11h00-12h00<br>AQUA-FITNESS                                  | 11h00-12h00<br>AQUA-FITNESS                               |                                                             |                                                                    |
|                                                           |                                                          |                                                                             |                                                              |                                                           |                                                             |                                                                    |
|                                                           | Bien-être                                                |                                                                             | Renforcement musculaire                                      |                                                           |                                                             | Dansés                                                             |
|                                                           | Posturaux                                                |                                                                             | Cours aquatiques                                             |                                                           |                                                             | Cours cardio                                                       |