



PLANNING FITNESS / AQUA



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