










































LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE								
SALLE DU HAUT	SALLE DU BAS	SALLE DU HAUT	SALLE DU BAS	SALLE DU HAUT	SALLE DU BAS	SALLE DU HAUT	SALLE DU BAS	SALLE DU HAUT	SALLE DU BAS	SALLE DU HAUT	SALLE DU BAS	SALLE DU BAS								
10h (60') GYM 	10h (60') GYM 	10h (60') RENFO HIIT 	10h (60') CULTURE PHYSIQUE 	9h30 (60') BODY BARRES 	9h30 (60') GYM 	10h (60') GYM 	10h (60') LIA N3 	11h (30') ABDOS TAILLE STRETCH 	11h (60') PILATES 	11h (30') ABDOS TAILLE 	10h30 (60') PILATES 	10h30 (60') PILATES 	11h (60') BIKING 	11h (60') GYM 	11h30 (60') PILATES 	12h15 (45') STEP N1 	11h30 (45') STRETCH 	11h30 (60') BODY ZEN 	11h30 (60') YOGA N1 	12h (45') PILATES 

PLANNING FITNESS DU 01 AU 07 AOUT

17h30 (45') C.A.F 	17h30 (45') STRETCH 		18h (60') YOGA 	18h (60') STEP LIA N1 	14h30 (60') BODY BARRES 	13h (60') ZUMBA 
18h15 (45') STRETCH 	18h15 (60') GYM 	18h (60') YOGA 	19h (60') BODY SCULPT 			
19h (45') BIKING 	19h15 (60') YOGA 	19h (45') CARDIO BOXE 	20h (60') LIA DANCE 			
		19h45 (15') ABDOS FESSIER 				

-  Cardio-Training
-  Danse
-  Relaxation
-  Renforcement Musculaire
-  Renforcement Musculaire/ Cardio INTENSE

A.F.S: Abdos/Fessiers/Stretching
C.A.F : Cuisses/Abdos/Fessiers
C.A.F.S: Cuisses/Abdos/Fessiers/Stretching

C.F.S : Cuisses/Fessiers/Stretching
L.I.A : Chorégraphie d'aérobic et de fitness