








































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') LIA N1 		10h (60') CULTURE PHYSIQUE 		09h30 (60') BODY BARRES 		9h30 (60') GYM 		10h (60') GYM 		10h (60') BODY SCULPT 	
11h (30') ABDOS TAILLE STRETCH 	11h (60') CULTURE PHYSIQUE 		11h (30') ABDOS TAILLE 		10h30 (60') PILATES 		10h30 (60') PILATES 		11h (60') GYM 		11h (60') C.A.F.S 	
11h30 (60') PILATES 	12h15 (45') STEP N1 		11h30 (45') STRETCH 		11h30 (60') BODY ZEN 		11h30 (60') YOGA N1 		12h (45') PILATES 			

PLANNING FITNESS 08 AOUT AU 14 AOUT

17h30 (45') C.A.F 	17h30 (45') STRETCH 				18h (60') STEP LIA N1 			13h (60') ZUMBA 	14h30 (60') BODY BARRES 	15h (60') BODY BARRES 
18h15 (45') STRETCH 	18h15 (60') GYM 	18h15 (60') LIA N2 		18h (60') YOGA 	19h (60') BODY SCULPT 					16h (15') STRETCH 
19h (45') BIKING 	19h15 (60') PILATES 	19h15 (45') A.F.S 		19h (45') CARDIO BOXE 	20h (60') LIA DANCE 					
	20h (45') BODY HIIT 			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