























































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') GYM 		10h (60') CULTURE PHYSIQUE 	10h (60') RENFO 	9h30 (60') CULTURE PHYSIQUE 	9h30 (60') BODY BARRE 		9h30 (60') GYM 	10h (60') GYM 	10h (60') LIA N3 	10h (60') BODY SCULPT 
11h (30') ABDOS TAILLE 	11h (60') CULTURE PHYSIQUE 	11h (60') PILATES 		11h (30') ABDOS TAILLE 		10h30 (60') LIA 	10h30 (60') PILATES 	10h30 (60') A.F.S 	10h30 (45') PILATES 	11h (60') BIKING 	11h (60') GYM 	11h (60') C.A.F.S 
11h30 (60') PILATES 		12h15 (45') STEP N1 		11h30 (45') STRETCH 		11h30 (15') STRETCH 		11h30 (45') BIKING 	11h15 (60') GYM ZEN N1 		12h (45') PILATES 	

## PLANNING FITNESS DU 22 AOUT AU 28 AOUT

18h (60') BODY BARRE 	17h30 (45') STRETCH 		18H (60') PILATES 	18h (60') STEP LIA N1 	18h15 (45') PILATES 	17h30 (60') BIKING 		14h30 (60') BODY BARRES 	15h (60') BODY BARRES 
19h (60') JAM DANCE 	18h15 (60') LIA N2 	18h15 (60') GYM 	19H (60') GYM 	19h (60') BODY SCULPT 	19h (60') BODY CAMP 	18h30 (60') CROSS T 			16h (15') STRETCH 
	19h15 (45') A.F.S 	19h15 (60') YOGA 			20h (60') LIA DANCE 				
		20h (45') BODY HIIT 							

-  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