

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') C.F.S 	10h (60') LIA N1 	11h (60') GYM 	10h (60') RENFO 	10h (60') CULTURE PHYSIQUE 	9h30 (60') CULTURE PHYSIQUE 	9h30 (60') BODY BARRES 		9h30 (60') GYM 	10h (60') GYM 	10h (60') LIA N3 	10h (60') BODY SCULPT
	11h (30') ABDOS TAILLE STRETCH 	10h (60') PILATES 	11h (60') CULTURE PHYSIQUE 		11h (30') ABDOS TAILLE 	10h30 (60') LIA 	10h30 (60') PILATES 	10h30 (60') A.F.S 	10h30 (60') PILATES 	11h (60') BIKING 	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') BIKING 	11h30 (60') YOGA N1 		12h (60') PILATES 	

PLANNING FITNESS DU 29 AOUT AU 04 SEPTEMBRE

	17h30 (45') STRETCH 				18h (60') STEP LIA N1 	18h15 (60') PILATES 	17h30 (60') BIKING 		15h (60') YOGA 	15h (60') ZUMBA 	15h (60') BODY BARRES
18h (60') BODY BARRES 	18h15 (60') GYM 	18h15 (60') LIA N2 	18h (60') BODY BARRES 	19h (60') YOGA 	19h (60') BODY SCULPT 	19h (60') BODY CAMP 	18h30 (60') CROSS T 				16h (15') STRETCH
19h (60') JAM DANCE 	19h15 (60') YOGA N1 	19h15 (45') A.F.S 	19h00 (60') BIKING 	19h (45') CARDIO BOXE 		20h00 (60') LIA DANCE 					
	20h00 (45') BODY HIT 										

- 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