

PLANNING FITNESS

LUNDI

Salle du bas Salle du haut

9h15 (45') GYM 	10h (60') C.F.S 
10h (60') GYM 	
11h (30') Abdos taille 	
11h30 (60') Pilates 	
	17h30 (45') C.A.F 
18h (60') Body Barre 	18h15 (45') STRETCH 
19h (60') Renfo Gainage Stretch 	19h (45') Biking 

MARDI

Salle du bas Salle du haut

10h (60') GYM 	10h (60') LIA 
11h (60') Culture Physique 	11h (60') Pilates 
12h15 (45') Step 	
	17h30 (45') STRETCH 
18h15 (60') LIA 	18h15 (60') GYM 
19h15 (45') A.F.S 	19h15 (60') YOGA 
20h (45') Body Hiit 	

MERCREDI

Salle du bas Salle du haut

9h15 (45') GYM 	10h (60') Body Hiit 
10h (60') Culture Physique 	11h (60') Biking 
11h (30') Abdos taille 	
11h30 (45') STRETCH 	
17h15 (60') YOGA 	
18h15 (60') Body Barre 	18h15 (60') Happy Dance 
19h15 (45') Cross Training 	19h15 (60') Biking 
20h (60') ZUMBA 	

JEUDI

Salle du bas Salle du haut

9h30 (60') Body Barre 	9h30 (60') Culture Physique 
10h30 (60') LIA 	10h30 (60') Pilates 
11h30 (60') Body Zen 	
	17h30 (45') Biking 
18h15 (45') Pilates 	18h15 (60') Body Barre 
19h (60') Full Body 	19h15 (60') STEP 1 
20h (45') Pilates 	20h15 (15') STRETCH 

VENDREDI

Salle du bas Salle du haut

9h30 (60') GYM 	9h30 (60') Body Zen 
10h30 (60') Pilates 	10h30 (60') A.F.S 
11h30 (60') YOGA 	11h30 (45') Biking 
	17h30 (60') Biking 
18h30 (60') Cross Training 	
19h30 (90') Modern Jazz 	

SAMEDI

Salle du bas Salle du haut

10h (60') LIA 	9h30 (45') GYM 
11h (60') GYM 	10h15 (45') GYM 
12h (45') Pilates 	11h (60') Biking 
14h30 (90') YOGA 	13h (60') ZUMBA 

DIMANCHE

Salle du bas Salle du haut

10h (60') Body Sculpt 	
11h (60') C.A.F.S 	
15h (60') Body Barre 	
16h (15') STRETCH 	

 **COURS DE DANSE**

 **COURS DE CARDIO**
Cours d'intensité forte
Rythme cardio vasculaire élevé
Dépense calorique importante

 **COURS DE RELAXATION**

 **COURS DE RENFORCEMENT**
Cours d'intensité forte
Rythme cardio vasculaire élevé