

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 (90') 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
13h (60') ZUMBA	
14h30 (90') YOGA	

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 DE RELAXATION
 - COURS DE RENFORCEMENT
- Cours d'intensité forte
Rythme cardio vasculaire élevé
Dépense calorique importante
- Cours d'intensité forte
Rythme cardio vasculaire élevé