

PLANNING FITNESS 2021 - 2022

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
09:30	9h-10h SIXTIES Activité Zen	9h-10h SIXTIES Marche en circuit	9h-10h Circuit découverte	9h-10h SIXTIES Renforcement	9h-10h Circuit découverte	9h30-10h Réveil Musculaire	9h30-10h15 Yoga	
10:00	10h-10h45 CAF	10h15-11h Pilates	10h15-11h Body Sculpt	10h-12h Marche Nordique	10h-10h45 LIA	10h-10h30 Gym Zen	10h-10h45 Body Sculpt	
10:30					10h45-11h30 Postural Dos	10h30-11h15 Circuit Training		10h15-11h Body Sculpt
11:00	10h45-11h30 Swiss Ball	11h-11h45 Interfit	11h-11h45 Gym Zen		11h30-12h Stretching	11h15-11h45 HIIT	10h45h-11h30 HIIT	10h15-11h Body Sculpt
11:30	11h30-12h Core Gainage Training				11h30-12h Stretching	11h15-11h45 HIIT	11h30-12h Stretching	11h-11h45 Zumba
12:00		11h45-12h15 Stretching		12h-12h30 Eval Santé Form' **			11h45-12h30 Pilates	
12:30		12h15-12h45 Eval Santé Form' **						
13:00 17:00								
17:30			17h30-18h15 Yoga D					
18:00	18h-18h45 Postural Dos	18h-18h30 HIIT	18h15-18h45 Abdos Fessiers	18h-18h30 Interfit	18h-18h45 Body Sculpt			
18:30	18h45-19h30 Cardio Boxe	18h30-19h15 Body Sculpt	18h45-19h30 Cardio Training	18h45-19h15 Yoga	18h45-19h30 Strong by Zumba			
19:00				19h15-20h Body Sculpt				
19:30	19h30-20h15 LIA		19h30-20h30 Danses latines	20h-20h30 Stretching	19h30-20h15 Zumba			
20:00			20h30-21h15					
20:30								

21:00
21:30

Danses latines



