

PLANNING FITNESS 2021 - 2022

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	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	9h15-9h45 Stretching
10:00	10h15-11h CAF	10h15-11h Pilates	10h15-11h Body Sculpt	10h-12h Marche Nordique	10h15-10h45 Abdos Fessiers	10h-10h45 Body Sculpt	9h45-10h30 Body Sculpt
10:30					10h45-11h30 Yoga		
11:00	11h-11h30 Swiss Ball	11h-11h45 Interfit	11h-11h45 Gym Zen		10h45-11h15 Gym Zen	10h45h-11h15 Interfit	10h30-11h Full abdos
11:30	11h30-12h Core Gainage Training			11h30-12h Stretching	11h15-11h45 Circuit Training	11h15-11h45 Stretching	
12:00		11h45-12h15 Stretching		12h-12h30 Eval Santé Form' **			
12:30		12h15-12h45 Eval Santé Form' **					
13:00							
17:00							
17:30	17h30-18h15 Cardio Training		17h30-18h15 Yoga		17h30-18h Gym douce		
18:00	18h15-19h Yoga	18h-18h30 HIIT	18h15-18h45 Abdos Fessiers	18h-18h45 Circuit Training	18h-18h45 Body Sculpt		
18:30		18h30-19h15 Body Sculpt	18h45-19h30 Cardio Training	18h45-19h15 Gym douce	18h45-19h30 Cardio Boxe		
19:00	19h-19h45 Circuit Training			19h15-20h CAF	19h30-20h15 Zumba		
19:30							
20:00	19h45-20h45 Zumba						
20:30							
21:00							
21:30							