

PLANNING FITNESS 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	9h30-10h Stretching	
10:00	10h15-11h CAF	10h15-10h45 Pilates ²	10h15-11h Body Sculpt	10h-12h Marche Nordique	10h15-11h Yoga	10h15-10h45 Gym douce	10h-10h45 Body Sculpt	
10:30		10h45-11h30 Interfit				10h45-11h15 Gym Zen	10h45h-11h15 Interfit	
11:00	11h-11h30 Swiss Ball		11h-11h45 Gym Zen					10h45-11h30 LIA
11:30	11h30-12h Core Gainage Training	11h30-12h Pilates ²				11h15-11h45 Circuit Training	11h15-11h45 Stretching	11h30-12h15 Pilates
12:00		12h-12h30 Stretching		12h-12h30 Eval Santé Form' **	11h30-12h15 Cardio Training	11h45-12h15 Full abdos		
12:30					12h15-12h45 Stretching			
13:00								
17:00								
17:30	17h30-18h15 Cardio Training		17h30-18h15 Yoga		17h30-18h Gym douce	** Inscription auprès de Laurent ² Inscription auprès de Laurent 15 personnes maximum		
18:00	18h15-19h Yoga	18h-18h30 HIIT	18h15-18h45 Abdos Fessiers	18h-18h30 HIIT	18h-18h45 Body Sculpt			
18:30		18h30-19h15 Body Sculpt	18h45-19h30 Cardio Training	18h30-19h15 Pilates	18h45-19h30 Cardio Boxe			
19:00	19h-19h45 Circuit Training							
19:30		19h15-20h15 Danses latines		19h15-20h CAF	19h30-20h15 Zumba			
20:00	19h45-20h45 Zumba							
20:30		20h15-21h15 Danses latines						
21:00								
21:30								