

# PLANNING FITNESS À PARTIR DU 12 SEPTEMBRE 2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h-10h SIXTIES Activité Zen	9h-10h SIXTIES Marche en circuit		9h-10h SIXTIES Renforcement			
10h15-11h CAF	10h15-11h Pilates	10h15-10h45 Body Sculpt	10h15-11h Swiss Ball	10h15-11h Yoga	10h-10h45 Body Sculpt	
11h-11h30 Swiss Ball	11h-11h45 Interfit	10h45-11h15 HIIT	11h-11h30 Interfit	11h-11h30 Body Sculpt	10h45-11h15 Interfit	
11h30-12h15 Pilates	11h45-12h15 Stretching	11h15-12h Yoga	11h30-12h30 Eval Sport Santé **	11h30-12h Stretching		
	12h15-12h45 Eval Santé Form **	12h-12h45 CAF				
** Inscription auprès de Laurent						
* Hors vacances scolaires						
18h-18h45 CAF	18h-18h30 Interfit		18h-18h30 Full Abdos	18h-18h45 Yoga		
18h45-19h30 Step	18h30-19h15 Body Sculpt	18h30-19h Full Abdos	18h30-19h15 Step			Bien-être
	19h15-20h15 Danses Latines Deb*	19h-19h30 HIIT	19h15-20h Body Sculpt			Renforcement musculaire
	20h15-21h15 Danses Latines Conf*	19h30-20h Fessiers Cuisses				Cardio



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