

# PLANNING FITNESS A PARTIR DU 03 JUILLET 2023

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	10h15-11h Body Sculpt	10h15-11h Swiss Ball	10h15-11h Yoga	10h15-11h Body Sculpt	
11h-11h30 Swiss Ball	11h-11h45 Interfit	11h-11h45 Yoga	11h-11h30 Interfit	11h-11h30 Body Sculpt	11h-11h30 Interfit	
11h30-12h15 Pilates	11h45-12h15 Stretching		11h30-12h Core Gainage Training	11h30-12h Stretching	11h-11h30 Abdos-Fessiers	
	12h15-12h45 Eval Santé Form **		12h-12h30 Eval Sport Santé **			
** Inscription auprès de Laurent						
* Hors vacances scolaires						
18h-18h45 CAF	18h-18h30 Interfit	18h-18h30 Body Buste	18h-18h30 HIIT	18h-18h30 Full Abdos		
18h45-19h30 Step	18h30-19h15 Body Sculpt	18h30-19h15 LIA	18h30-19h15 Yoga	18h30-19h Initiation Bachata		Bien-être
		19h15-20h CAF	19h15-20h Body Sculpt			Renforcement musculaire
						Cardio