

2019

PLANNING FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	09h00 Fit & Tonique 45'	08h00 Aqua Bike 45'	06h45 Morning Session 45'	08h30 Aqua Bike 45'	09h15 CAF 45'	09h00 Aqua Bike 45'	09h00 Accès libre piscine et apprentissage nage 60'
	09h45 Fit & Zen 45'	09h00 Aqua Bike 45'	09h00 CAF 45'	09h00-10h00 Point Coaching Individuel	10h00 Stretching 45'	09h00 Cross Training Débutant 60'	10h00 Body Sculpt 45'
	10h30-12h30 Point Coaching Individuel	10h00 Aqua Fitness 45'	09h45 Gym & Stretching 45'	10h00 Aqua Bike 45'	11h00-12h30 Point Coaching Individuel	10h00 Cross Training Intermédiaire 60'	10h15 Aqua Bike 45'
		10h15 Circuit Coaching 45'	10h00-12h00 Point Coaching Individuel	10h00 Body Sculpt 45'		10h00 Aqua Bike 45'	10h45 Pilates 45'
		11h00 Stretching 45'		11h00 Pilates 45'		11h00 Yoga Intermédiaire 60'	11h15 Aqua Bike 45'
						11h00 Aqua Bike 45'	
MIDI	12h30 Yoga débutant 60'	12h30 Cross Training 60'	12h00 Aqua Bike 45'	12h30 Yoga Intermédiaire 60'	12h30 TRX & Fit 45'	12h30 Aqua Fitness 45'	12h15 Aqua Fitness 45'
	12h30 Aqua Bike 45'	12h30 Aqua Palming 45'	12h30 CAF 45'	12h30 Cross Training 45'	12h30 Aqua Training 45'		
	12h30-13h30 Point Coaching Individuel	12h30 Zumba 45'	13h00 Aqua Bike 45'	12h30 Aqua Palming 60'	12h30-13h30 Point Coaching Individuel		
				12h30-14h00 Point Coaching Individuel			
SOIR	18h00 Pilates 45'	16h00-19h00 Point Coaching Individuel	18h00-20h00 Point Coaching Individuel	18h00 Yoga débutant 60'	18h15 Yoga Intermédiaire 60'		
	18h00 Aqua Palming 45'	18h00-19h00 Point Coaching Collectif	18h00-20h00 Point Coaching Collectif	18h00 Aqua Bike 45'			
	18h30 Cross Training 60'	18h00 Aqua Bike 45'	18h00 Strong by Zumba 45'	18h30 Cross Training 60'			
	18h45 CAF 45'	18h30 Cross Challenge 60'	18h00 Aqua Training 45'	19h00 Aqua Stretching 45'			
	19h00 Aqua Bike 45'	18h30 Yoga Intermédiaire 60'	18h45 Pilates 45'	19h30 Circuit Abdos 30'			
		19h00 Aqua Training 45'	19h00 Cross Training 60'				
		19h00 Aqua Bike 45'					

- Carine
- Bastien
- Josabeth
- Benoit
- Christelle
- Sonia
- Yann
- Élodie
- Wendy



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