

2020

PLANNING FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
MATIN	9h00 Gym Tonique 45'	8h00 Aqua Bike 45'	9h00 CAF 45'	8h30 Aqua Bike 45'	9h15 CAF 45'	9h00 Aqua Bike 45'	9h15 Aqua Boxing 45'
	9h45 Pilates 45' <i>inter/avancé</i>	9h00 Aqua Bike 45'	9h45 Pilates 45'	9h00-10h00 Point Coaching Individuel	10h00 Stretching 45'	9h00 Cross Training 60'	10h15 Aqua Bike 45'
	10h30-12h30 Point Coaching Individuel	10h00 Aqua Fitness 45'	11h00-12h15 Point Coaching Individuel	10h00 Aqua Bike 45'	11h00-12h15 Point Coaching Individuel	10h00 Aqua Bike 45'	10h15 Yoga 45' <i>hatha alignement</i>
		10h15 Cross Training 45'		10h00 Body Sculpt 45'		10h00 Pilates 45' <i>inter/avancé</i>	11h15 Aqua Bike 45'
	11h00 Stretching 45'		11h00 Pilates 45' <i>inter/avancé</i>		11h00 Aqua Bike 45'		
					11h00 Yoga 60' <i>intermédiaire</i>		
MIDI	12h30 Aqua Bike 45'	12h00 Aqua Palming 45'	12h00 Aqua Bike 45'	12h00 Aqua Palming 45'	12h30 TRX & Fit 45'	12h00 Aqua Fitness 45'	12h15 Aqua Fitness 45'
	12h30-13h30 Point Coaching Individuel	12h30 Zumba 45'	12h30 CAF 45'	12h30 Cross Training 60'	12h30-13h30 Point Coaching Individuel		
	12h30 Yoga 60' <i>débutant</i>	12h30 Cross Training 60'	13h00 Aqua Bike 45'	12h30 Yoga 60' <i>intermédiaire</i>	12h30 Yoga 60' <i>intermédiaire</i>		
		13h00 Aqua Stretching 45'		12h30-14h00 Point Coaching Individuel	12h30 Aqua Boxing 45'		
			13h00 Aqua Boxing 45'				
SOIR	18h00 Aqua Palming 45'	16h00-18h00 Point Coaching Individuel	18h00 Aqua Training 45'	18h00 Aqua Bike 45'	18h00 Aqua Boxing 45'		
	18h00 Pilates 45' <i>intermédiaire</i>	18h00 Aqua Bike 45'	18h00 Strong by Zumba 45'	18h30 Cross Training 60'			
	18h30 Cross Training 45'	18h45 Cross Training 60'	18h00-19h00 Point Coaching Individuel	18h30 Yoga 60' <i>débutant</i>			
	18h45 CAF 45'	18h30 Yoga 60' <i>intermédiaire</i>	18h30 Cross Training 60'	19h00 Aqua Stretching 45'			
	19h00 Aqua Bike 45'	19h00 Aqua Training 45'	18h45 Pilates 60' <i>intermédiaire</i>	19h30 Circuit Abdos 30'			
			19h00 Aqua Palming 45'				
		19h00-20h00 Point Coaching Collectif					

- POINT COACHING
- FITNESS/CARDIO
- AQUA
- DOUX