

PLANNING FITNESS



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

M A T I N

8H30 AQUA BIKE 45' SANDRA	8H30 AQUA PALMING 45' LOICK	8h45 CAF 45' CÉLINE	8H30 AQUA BIKE 45' SANDRA	8H30 AQUA BOXING 45' SANDRA	8h00 AQUA BIKE 45' LOÏCK	9h15 AQUA BIKE 45' LOÏCK
8h30 BODY SCULPT 45' ELODIE	9h00 PILATES 45' CHRISTELLE	9h00 AQUA BIKE 45' SANDRA	8h30 CAF 45' CHRISTELLE	9h00 CIRCUIT TRAINING 45' ELODIE	9h00 AQUA BIKE 45' LOÏCK	9h00 BODY SCULPT 45' GILSON
9h30 AQUA FITNESS 45' SANDRA	9h30 AQUA BIKE 45' LOICK	9h45 PILATES 45' CÉLINE	9h15 STRETCHING 45' CHRISTELLE	9h30 AQUA BIKE 45' SANDRA	9h00 STRETCHING 45' OSWALD	9h50 SPINNING 30' GILSON
9h30 STRETCHING 45' ELODIE	10h00 CIRCUIT TRAINING 45' CHRISTELLE	10h00 AQUA PALMING 45' SANDRA	9h30 AQUA TRAINING 45' SANDRA	10h00 PILATES 45' ELODIE	10h00 CROSS TRAINING 60' OSWALD	10h15 AQUA BIKE 45' LOÏCK
10h30 BODY SCULPT 45' ELODIE	11h00 STRETCHING 45' CHRISTELLE	10h45 SPINNING 30' CÉLINE	10h00 PILATES 45' CHRISTELLE	11h00 POINT COACHING 60' CHRISTELLE	10h00 AQUA BIKE 45' LOICK	10h30 YOGA 60' INTERMÉDIAIRE VIRGINIE
11h30 SPINNING 30' GILSON	11h00 POINT COACHING 60' CHRISTELLE	11h00 POINT COACHING 60' CHRISTELLE	10h30 NAGE LIBRE 60' SANDRA	11h00 FIT DANCE 45' ELODIE	10h30 YOGA ASHTANGA 90' VERONIKA	10h30 CROSS TRAINING 60' GILSON
	11h00 AQUA BIKE 45' SANDRA		11h00 BODY SCULPT 45' CHRISTELLE		11h00 AQUA BIKE 45' LOÏCK	11h15 AQUA BIKE 45' LOÏCK
					12h00 AQUA FITNESS 45' LOÏCK	12h15 AQUA BOXING 45' LOÏCK

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12h00 SPINNING 30' GILSON	12H00 AQUA BIKE 45' SANDRA 12h00 SPINNING 30' OPHÉLIE	12H00 AQUA TRAINING 45' SANDRA	12H00 SPINNING 30' CÉLINE	12H00 AQUA BOXING 45' SANDRA	
12h00 AQUA FITNESS 45' SANDRA	12h35 CROSS TRAINING 60' CÉLINE	12h15 CAF 45' CHRISTELLE	12h00 AQUA BIKE 45' SANDRA	12h00 YOGA 60' INTERMÉDIAIRE VICTORIA	
12h30 POINT COACHING 60' GILSON	12h45 BODY SCULPT 45' CELINE	13h00 AQUA PALMING 45' SANDRA	12h30 YOGA 60* INTERMÉDIAIRE CARINE	12h15 CROSS TRAINING 45' CHRISTELLE	
12h30 YOGA 60* INTERMÉDIAIRE AUDREY	13h00 AQUA BIKE 45' SANDRA	13h00 ZUMBA 45' CHRISTELLE	12h30 POINT COACHING 60' CHRISTELLE	13h00 AQUA TRAINING 45' SANDRA	
13h00 AQUA BIKE 45' SANDRA			12h35 CROSS TRAINING 60' CÉLINE	13h10 PILATES 45' CHRISTELLE	
			13h00 AQUA FITNESS 45' SANDRA		

S O I R

17h15 SPINNING 45' ELODIE	17h00 POINT COACHING CHRISTELLE	17h00 NAGE LIBRE 60' LOICK	17h00 POINT COACHING 60' GILSON	17h00 FIT DANCE WENDY	
18h00 POINT COACHING 60' GILSON	18h00 STRONG 45' CHRISTELLE	17h45 POINT COACHING 60' CHRISTELLE	18h00 AQUA BIKE 45' SANDRA	17h00 NAGE LIBRE 60' SANDRA	
18h15 DRUM STICK 45' ÉLODIE	18h00 AQUA BIKE 45' CORENTIN	18h00 AQUA PALMING 45' LOICK	18h00 PILATES 45' GILSON	18h00 BODY SCULPT WENDY	
18h00 AQUA FITNESS 45' SANDRA	18h45 YOGA 60' INTERMÉDIAIRE LEILA	18h00 CAF 45' WENDY	18h45 YOGA 60' INTERMÉDIAIRE LEILA	18h00 AQUA BOXING 45' SANDRA	
19h00 AQUA BOXING 45' SANDRA	19h00 AQUA BIKE 45' CORENTIN	18h45 PILATES 45' WENDY	19h00 CROSS TRAINING 60' GILSON	17h00 POINT COACHING 60' GILSON	
19h00 BURNING CAMP 60' CÉLINE		19h00 AQUA BIKE 45' LOICK	19h00 AQUA TRAINING 60' SANDRA	19h00 YOGA VICTORIA	
19h15 ULTRA ZEN 45' ÉLODIE		19h00 CROSS TRAINING 60' CHRISTELLE		19h00 CROSS TRAINING 60' WENDY	
				19h00 AQUA BIKE 45' SANDRA	

- AQUA
- CARDIO
- COURS ZEN / YOGA
- POINT COACHING

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