

PLANNING SAISON 2024 2025 A COMPTER DU 09 SEPTEMBRE 2024

| | | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-----|----------------|---------------------------------------|--------------------------------|---------------------------|--|-------------|---------------------------------------|
| S 1 | 9H30 10h30 | BODY SCULPT | STRONG BODYART® | PILATES BALL | ZUMBA | BODY CARDIO | ZUMBA |
| S 2 | 9H30 10h30 | PILATES FITNESS | STRETCH | ABDO STRETCH | GYM DOUCE | GYM DOS | |
| S 5 | 9H30 10h30 | | | PILATES | | | |
| S 1 | 10H30 11h30 | MOBILITE STRETCHING | GYM DOUCE | RENF MUSCU STRETCH | CAF | STRETCHING | PILATES (Laurence) accès à Tous |
| S 2 | 10H30 11H30 | FACIA - YOGA | | Salle 5 YOGA | BODYART® | | |
| S 1 | 11h30 12h30 | | PILATES | | | | |
| S 1 | 12h30 13h30 | | YOGA | | | PILATES | |
| S 1 | 14H30 15H30 | YOGA | | | | PILATES | |
| S 1 | 17h00 18h00 | | | | | YOGA | |
| | 17h30 18h30 | | | Salle 5 YOGA | Salle 2 PILATES DEBUTANT | | |
| S 1 | 17h45 18h30 | CIRCUIT TRAINING | | | | | |
| S 1 | 18h00 18h45 | | BODY BARRE | | BODY CARDIO | BODY SCULPT | |
| | 18h30 19h30 | Salle 1 ZUMBA | Salle 5 YOGA 18h45-19h45 | Salle 1 STRONG NATION™ | Salle 2 PILATES 18h30-19h30 | | |
| S 1 | 18h45 19h30 | | CARDIO BOXING | | CAF | STEP | |
| S 1 | 19h30 20h30 | PILATES (Laurence) accès à Tous | STEP 19h30 - 20h15 | MOBILITY ETIREMENTS | STRETCH (Morgane) 19h30 - 20h15 accès à tous | | |

Abonnement FITNESS

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| Laurence Morgane | ADELINE | LAURENCE | MORGANE |
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Abonnement PILATES - YOGA

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| AURELIE |
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