

PLANNING SAISON 2022-2023
A compter du 05 Septembre 2022

	Lundi			Mardi			Mercredi			Jeudi			Vendredi			Samedi		
	salle A	salle B	salle muscu	salle A	salle B	salle muscu	salle A	salle B	salle muscu	salle A	salle B	salle muscu	salle A	salle B	salle muscu	salle A	salle B	salle muscu
9h15 10h	BODY GYM		ouverture 8h30	BODY SCULPT		ouverture 8h30	ABDOS DOS		ouverture 8h30	CAF	HILOW	ouverture 8h30	BODY SCULPT		ouverture 8h30		BIKE	ouverture 8h30
10h15 11h	AEROGYM	GYM DOUCE		CAF	HILOW		GYM DOUCE			AEROGYM	STRETCH		GYM DOUCE	STRETCH		CAF		
11h15 12h	STRETCH			PILATES MAT			STRETCH		CTM Circuit Attack	PILATES FOND			PILATES MATERIEL			PILATES FOND		
12h30 13h15	FULL BODY	YOGA Ashtanga		CORE TRAINING	PILATES2		CROSS TRAINING			POWER			TRX	CAF				Fermeture 13h
15h30 16h15	PILATES 2			BODY BALL			STRETCH											Ouverture 15h CTM full attack 15h30
16h30 17h15	TRX			CAF			BODY SCULPT											CTM cardio attack
17h30 18h15	PILATES MAT		CTM Buste Attack	TABATA	BIKE		PILAT MAT		CTM Leg Day	CAF	BIKE	CTM Full Attack	HILOW 17H45					
18h30 19h15	CARDIO BOXE	STRETCH	CTM Leg day	BODY SCULPT	KODURO	CTM Circuit Attack	POWER	YOGA Ash 18h / 19h		HIIT	ZUMBA		CROSS TRAINING 18h45	YOGA Vyn 18h30 19h30				Fermeture 18h
19h30	CAF	BIKE		CROSS TRAINING	STEP		TRX	AEROMIX		STEP	PILATES 2		STRETCH 19h45		-			
20h30 21h15			Fermeture 20h45			Fermeture 20h45			Fermeture 21h30			Fermeture 21h30			Fermeture 21h30			