

PLANNING SAISON 2024-2025

	<i>lundi</i>			<i>Mardi</i>			<i>Mercredi</i>			<i>jeudi</i>			<i>vendredi</i>		<i>Samedi</i>		<i>Dimanche</i>
	salle A	salle B	muscu	salle A	salle B	muscu	salle A	salle B	muscu	salle A	salle B	Piscine	salle A	salle B	salle A	salle B	muscu
9h15 10h	GYM DOUCE			BODY SCULPT			GYM DOUCE			CAF			ABDOS DOS			BIKE	
10h15 11h	ABDOS DOS	STRETCH		CAF	HILOW		AEROGYM			GYM DOUCE	HILOW		GYM DOUCE	STRETCH	CAF		CTM Full Attack
11h15 12h	STRETCH	GYM DOUCE		PILATES MAT	GYM DOUCE		STRETCH		CTM Circuit Attack	PILATES FOND	STRETCH		PILATES MATERIEL	BODY SCULPT	PILATES FOND		
12h15 13h15	FULL BODY	YOGA Vinyasa 12h30 13h30		POWER	PILATES 2		CROSS TRAINING			BODY SCULPT			TRX	CAF			
14h00 14h45							CROSS TEEN								CROSS TEEN		
15h30 16h15	PILATES 2			STRETCH			STRETCH										
16h30 17h15	TRX			CAF			PILAT MAT						HILOW DEB 17h 17h45	STRETCH 16h45 17h30			
17h30 18h15	PILATES MAT			HIIT TABATA	BIKE TOP RIDE		STEP			CAF	BIKE TOP RIDE	17H AQUA GYM	HILOW 18h 18H45	CAF 17h30 18h15			
18h30 19h15	CARDIO BOXE	STRETCH 18h45	CTM Buste Attack	BODY SCULPT	KUDURO	CTM Full Attack	BODY BARRE	YOGA Ashtanga 18h/19h	CTM Leg day	CARDIO BOXE	BODY FIT		CROSS TRAINING 19h 19H45	YOGA VINYASA 18h30 19h30			
19h30 20h15	CAF	BIKE		CROSS TRAINING	STEP		STRETCH	BIKE		FIT RELAX	PILATES 2						