



Planning Afya	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8h-12h						8h Pilates 9H STOMACH VACCUM LUCILE -1h (1 semaine/2)	9h Culture Physique 45min
			11h ESPM (équilibre, stretching, posture et mobilité) Ismaël	9h CORE - 45min (circuit abdos, gainage, muscles profond, posture)		10h Yoga Vinyasa Asmaa 10h15 CAF - 45min (cuisses abdos fessiers)	10h15 Circuit Training
	11h Pilates - 60min	10h30 Culture physique - 45min	10h30 Cours Enfants Asso la tête et le corps		11h Pilates - 1h	11h AFYA - 1h (YOGA+PILATES)	11h Pilates
12h -14h	12h15 CAF - 45min 13h AFYA - 45min (yoga+pilates)	12h15 Pilates - 45min Thierry 13h Yoga hatha Thierry	12h15 CIRCUIT TRAINING TRX - 45min	12h15 Afya - 45min (yoga+pilates) 13h Pilates - 45min 13h Sophrologie Virginie - 1h	12h15 Cardio Boxing - 45min Matteo 13h Yin Yoga - 60min MATHILDE	12h15 Hiit - 45min Matteo 13h Boxe Thaï - 75min Matteo	12h15 Cardio Boxing - 60min
14h - 17h			14h - 16h Cours Enfants Asso la tête et le corps		15H MOBILITÉ PRENATALE LUCILE - 1h (1semaine/2 voir planning) 17h pilates - 1h	15h Pilates	15h-17h Danse Orientale Malika Meziani
17h-21h	18h Pilates 60min 19h Cardio Boxing 60min 19h15 Yoga Hatha Flow - Elodie	18h Pilates - 1h Lucile 19h Yoga Vinyasa - 1h Asmaa 19h Sophrologie Virginie - 1h 19h15 CAF - 45min (cuisses abdos,fessiers)	17h Culture Physique Sabri 18h30 Yoga Vinyasa - 1h Mathilde 18h30 Pilates Sabri	18h Qi Gong - 1h Thierry 19h AFYA - 60min (yoga+pilates) 19h Yoga Hatha Flow - 1h Thierry	18h Circuit training 45min 19h Afya - 1h (yoga+pilates)	Réservez vos cours sur Afya.fr <b>*Planning à titre indicatif, susceptible d'évoluer en temps réel</b>	
	20h00 Circuit Training - 60min	20h15 Hiit- 45min	19h30 Cardio Boxing - 1h	20h Kizomba (danse) 20h30 Théâtre d'impro	20h Salsa (danse) 20h Circuit training - 45min		