



mise à jour le 22/05

PLANNING COURS COLLECTIFS	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H-12H	8H30 CAF - 45MIN	9H15 PILATES - 45MIN	9H CAF- 1H	9H ABDOS 6PACKS - 45MIN	9H YOGA - 1H	10H15 CAF - 45MIN	10H15 CIRCUIT RENFO
	11H PILATES - 60MIN	11H00 CARDIO FIT - 45MIN	11H ESPM - 1H	11H ESPM - 1H	11H PILATES - 1H	11H PILATES - 1H	11H PILATES
12H -14H	12H15 AFYA 45MIN	12H15 PILATES - 45MIN YOGA HAHTA 13H	12H15 ABDOS 6PACKS - 45MIN	 12H15 YOGA VINYASA - 45MIN	12H15 BOXE - 45MIN	12H ABDOS 6PACKS - 1H	12H15 CARDIO BOXING - 60MIN 
14H - 17H		18H PILATES 60MIN		13H00 PILATES - 45MIN	17H PILATES - 1H	15H YOGA HATHA	15H00 AFYA KID 4/6ANS 60MIN
17H-21H	19H CARDIO BOXING 60MIN 	19H15 CAF - 45MIN	18H30 PILATES	19H AFYA - 45MIN	18H CIRCUIT TRAINING 45MIN	 16H00 AFYA KID 7/9ANS 60MIN	
	20H CIRCUIT TRAINING - 45MIN	19H30 CARDIO STREET JAZZ - 60MIN	 19H30 YOGA VINYASA - 1H	20H CIRCUIT TRAINING - 45MIN	19H AFYA - 1H		<i>Réservez vos cours sur Afy.fr *Planning à titre indicatif, <u>susceptible d'évoluer en temp reel</u></i>

CARDIO

Cardio fit
Cardio boost 
Circuit training (renfo+cardio)
Cardio boxing
Danse: Cardio Street Jazz

RENFORCEMENT MUSCULAIRE

CAF (cuisses-abdos-fessiers)
Circuit training (renfo+cardio)
Circuit Renfo
Bootcamp 
Abdos 6packs

MÉTHODES DOUCES

Yoga
Pilates (muscles profonds, dos, périnée)
AFYA (yoga, pilates avec un touche de cardio)
ESPM (équilibre, stretching, posture et mobilité)
Sophrologie (relaxation, visualisation, respiration)