

mise à jour le 19/06

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