
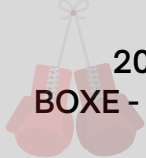


PLANNING COURS COLLECTIFS	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H-12H	7H30 CARDIO FIT - 45MIN	7H45 YOGA - 45MIN	8H YOGA - 1H	8H AFYA - 1H	8H CARDIO BURN - 45MIN	8H30 AFYA - 1H	
	8H30 CAF - 45MIN	9H00 CAF - 1H	9H RENFO - 1H	9H TRX - 1H	9H YOGA - 1H	10H30 CARDIO BURN - 45MIN	9H TRX
	11H PILATES - 60MIN	11H00 CARDIO FIT - 45MIN	10H ESPM - 1H	11H ESPM - 1H	11H PILATES - 1H	11H ESPM - 1H	11H PILATES
12H -14H	12H30 CIRCUIT TRAINING 45MIN	12H30 PILATES - 60MIN	12H15 TRX - 45MIN	12H15 YOGA - 45MIN	12H15 BOXE - 45MIN	12H TRX - 1H	12H15 CARDIO BOXING - 60MIN 
14H - 17H	17H30 SOPHROLOGIE - 60MIN	18H YOGA 60MIN		17H30 PILATES - 60MIN		15H PILATES	15H00 AFYA KID 4/6ANS 60MIN
17H-21H	19H CIRCUIT TRAINING 60MIN	19H CAF - 60MIN	19H CIRCUIT TRAINING	19H AFYA - 45MIN	19H CIRCUIT TRAINING		16H00 AFYA KID 7/9ANS 60MIN
	 20H BOXE - 45MIN	20H CARDIO STREET JAZZ - 60MIN	19H YOGA VINYASA - 1H	20H CIRCUIT TRAINING - 45MIN	19H AFYA - 1H		

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)

TRX

Bootcamp 

MÉTHODES DOUCES

Yoga

Pilates (muscles profonds, dos, périnée)

AFYA (yoga, pilates avec un touche de cardio)

ESPM (equilibre, stretching, posture et mobilité)

Sophrologie (relaxation, visualisation, respiration)