

# PLANNING 2020

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>B-BOARD BOOST</b> 9:30>10:00 30'	<b>TRX</b> 9:30>10:00 30'	<b>YOGA</b> 09:00>10:00 1H	<b>FAC</b> 09:30>10:15 45'	<b>YOGA</b> 10:00>11:00 1H	<b>BODYWORK</b> 10:00>11:00 1H	<b>FLASH ABDOS</b> 09:45>10:15 30'
<b>YOGA</b> 10:15>11:15 1H	<b>SOPHROLOGIE &amp; RELAXATION</b> 10:00>11:00 1H	<b>BODYCONTROL</b> 10:00>10:45 45'	<b>YOGA</b> 10:00>11:00 1H	<b>BODYWORK / GYM BALANCE</b> 10:00>11:00 1H	<b>AQUA'POWER &amp; JUMP</b> 10:30>11:00 30'	<b>BODYWORK</b> 10:00>11:00 1H
<b>FAST BIKE</b> 10:15>11:00 45'	<b>AQUA'GYM</b> 10:30>11:15 45'	<b>HIIT</b> 10:00>11:00 1H	<b>BODYWORK</b> 10:30>11:30 1H	<b>AQUA'GYM</b> 10:15>11:00 45'	<b>SHUTAÍDO</b> 11:00>12:00 1H	<b>FAST BIKE</b> 10:15>11:00 45'
<b>AQUA'GYM</b> 10:30>11:15 45'	<b>BODYWORK</b> 11:00>12:00 1H	<b>AQUA'TRAINING</b> 10:30>11:00 30'	<b>AQUA'GYM</b> 11:30>12:15 45'	<b>FAC</b> 11:15>12:00 45'	<b>STRETCH</b> 11:00>11:30 30'	<b>AQUA'TRAINING</b> 10:30>11:00 30'
<b>BODYWORK</b> 11:00>12:00 1H	<b>STRETCH</b> 12:00>12:45 45'	<b>PILATES I</b> 11:00>12:00 1H	<b>STRETCH</b> 11:30>12:30 1H	<b>AQUA'GYM</b> 11:15>12:00 45'	<b>AQUA'GYM</b> 11:30>12:15 45'	<b>STRETCH</b> 11:00>12:00 1H
<b>AQUA'TRAINING</b> 11:30>12:00 30'	<b>PILATES 4</b> 12:00>13:00 1H	<b>FIT BIKE</b> 11:00>12:00 1H	<b>TRX</b> 12:30>13:00 30'	<b>STRETCH</b> 12:00>13:00 1H	<b>RUBBERBAND</b> 11:30>12:30 1H	<b>FAST BIKE</b> 11:15>12:00 45'
<b>ABDOS FESSIERS</b> 12:30>13:00 30'	<b>BARRE AU SOL</b> 12:00>13:30 1H30'	<b>FIT PUNCH</b> 11:00>12:00 1H	<b>AQUA'JUMP</b> 12:30>13:00 30'	<b>PILATES 3</b> 12:30>13:30 1H	<b>STRETCH</b> 12:30>13:00 30'	<b>AQUA'GYM</b> 11:30>12:15 45'
<b>BODYCONTROL</b> 12:30>13:15 45'	<b>AQUA'TRAINING</b> 12:30>13:00 30'	<b>AQUA'GYM</b> 11:30>12:15 45'	<b>BARRE AU SOL</b> 12:30>14:00 1H30'	<b>AQUA'POWER &amp; JUMP</b> 12:30>13:00 30'	<b>CROSS TRAINING</b> 13:00>14:00 1H	<b>BODY BARRE</b> 13:00>14:00 1H
<b>HILO / STEP</b> 13:00>14:00 1H	<b>HILO / STEP</b> 12:45>13:45 1H	<b>HILO / STEP</b> 12:45>14:00 1H15'	<b>POSTURAL BALL</b> 14:00>15:00 1H	<b>BOARD &amp; MIND*</b> 13:30>14:00 30'	<b>BOXING</b> 13:30>15:00 1H30'	<b>AQUA'RUN &amp; BIKE*</b> 13:30>14:00 30'
<b>PILATES MAT 2</b> 13:15>14:00 45'	<b>PILATES 2</b> 13:00>14:00 1H	<b>PILATES 3</b> 13:00>14:00 1H	<b>STRETCH</b> 15:00>16:00 1H	<b>BODYCONTROL</b> 14:00>15:00 1H	<b>AQUA'RUN &amp; BIKE*</b> 13:30>14:00 30'	<b>HILO</b> 14:00>15:00 1H
<b>BODYWORK</b> 14:00>15:00 1H	<b>ZUMBA</b> 14:00>15:00 1H	<b>PILATES PLC I</b> 14:00>15:00 1H	<b>QI GONG</b> 16:00>17:00 1H	<b>STRETCH</b> 15:00>16:00 1H	<b>STEP</b> 14:00>15:00 1H	<b>STEP / LIA DÉBUTANT</b> 15:00>16:00 1H
<b>PILATES MAT I</b> 14:00>14:45 45'	<b>STRETCH</b> 15:00>16:00 1H	<b>FUNCTIONAL TRAINING</b> 14:15>15:00 45'	<b>TAÏ CHI CHUAN</b> 17:00>18:00 1H	<b>AQUA'TRAINING</b> 17:00>17:30 30'	<b>PILATES 2</b> 14:00>15:00 1H	<b>YOGA VINYASA</b> 15:00>16:00 1H
<b>STRETCH</b> 15:00>16:00 1H	<b>QI GONG</b> 17:00>18:00 1H	<b>STRETCH</b> 15:00>16:00 1H	<b>ABDOS-FESSIERS</b> 17:30>18:00 30'	<b>AQUA'RUN &amp; BIKE*</b> 17:45>18:15 30'	<b>HILO</b> 15:00>16:00 1H	<b>STRETCH</b> 15:00>16:45 45'
<b>HATHA YOGA</b> 16:30>18:00 1H30'	<b>AQUA'POWER &amp; JUMP</b> 17:15>17:45 30'	<b>BOARD &amp; MIND*</b> 17:15>17:45 30'	<b>BODY BARRE</b> 18:00>18:45 45'	<b>ABDOS-FESSIERS</b> 18:00>18:30 30'	<b>CORE / INTERVAL TRAINING</b> 15:00>16:00 1H	<b>TRX</b> 17:00>17:30 30'
<b>AQUA'TRAINING</b> 17:00>17:30 30'	<b>FLASH ABDOS FESSIERS</b> 18:00>18:30 30'	<b>AQUA'POWER</b> 17:30>18:00 30'	<b>AQUA'TRAINING</b> 18:00>18:30 30'	<b>PILATES ZEN</b> 18:30>19:30 1H	<b>YOGA / STRETCH</b> 16:00>17:00 1H	<b>ABDOS-FESSIERS</b> 17:30>18:00 30'
<b>AQUA'JUMP</b> 17:45>18:15 30'	<b>AQUA'GYM</b> 18:00>18:30 30'	<b>BODYWORK</b> 18:00>19:00 1H	<b>CROSS TRAINING</b> 18:45>19:15 30'	<b>DO IN</b> 19:30>20:00 30'	<b>FIT BIKE</b> 16:00>17:00 1H	<b>AQUA'POWER &amp; JUMP</b> 17:45>18:15 30'
<b>MÉDITATION</b> 18:00>18:30 30'	<b>YOGA</b> 18:30>19:30 1H	<b>POSTURAL BALL</b> 18:00>19:00 1H	<b>TRX</b> 19:15>19:45 30'	<b>ABDOS-FESSIERS</b> 19:15>19:45 30'	<b>TRX</b> 17:00>17:30 30'	
<b>FLASH ABDOS FESSIERS</b> 18:30>19:00 30'	<b>GYM BALANCE</b> 18:30>19:30 1H	<b>AQUA'RUN &amp; BIKE*</b> 18:15>18:45 30'	<b>B-BOARD BOOST</b> 19:15>19:45 30'	<b>ZUMBA</b> 19:45>20:45 1H	<b>ABDOS-FESSIERS</b> 17:30>18:00 30'	
<b>HIIT</b> 19:00>19:45 45'	<b>FAST BIKE</b> 19:30>20:15 45'	<b>STRETCH</b> 19:00>20:00 1H			<b>AQUA'TRAINING</b> 17:45>18:15 30'	
<b>STREET JAZZ</b> 19:00>20:30 1H30'	<b>PRANAYAMA MÉDITATION</b> 19:30>20:00 30'	<b>FIT PUNCH</b> 19:15>20:30 1H15'				
<b>FAST BIKE</b> 19:45>20:30 45'	<b>FULL BODY BURNING</b> 20:15>20:45 30'	<b>PILATES</b> 20:00>20:45 45'				