

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
KEVIN	STUDIO 21 10:00 - 11:00 A.P.A <i>Activité Physique Adaptée</i> 11:00 - 12:00 PILATES 12:00 - 13:00 STRETCHING	JONATHAN STUDIO 21 10:00 - 11:00 CAF 11:00 - 12:00 STRETCHING	MARTIN STUDIO 21 10:00 - 11:00 GLOBAL FIT 11:00 - 12:00 STRETCHING	ISABELLE STUDIO 21 10:00 - 11:00 PILATES 11:00 - 12:00 STRETCHING 12:00 - 13:00 MOBILITY FLOW®	JONATHAN POPD 9:30 - 10:00 H.I.I.T CARDIO 10:00 - 11:00 GLOBAL FIT 11:00 - 12:00 STRETCHING	YASMINA STUDIO 21 9:30 - 10:00 FIT LEG 10:00 - 10:30 FIT UP 10:30 - 11:00 FIT ABDOS 11:00 - 11:30 STRETCHING	ALEX CSC 9:15 - 10:15 CIRCUIT TRAINING 10:15 - 11:00 GLOBAL FIT
JONATHAN	POPD 12:20 - 13:20 GLOBAL FIT	JONATHAN POPD 12:20 - 13:20 H.I.I.T			STEPHANIE STUDIO 21 10:30 - 11:30 A.P.A <i>Activité Physique Adaptée</i>	HEATHCLIFF CSC 12:10 - 13:10 PILATES 13:10 - 14:10 LIA	MORGANE STUDIO 21 10:00 - 11:00 YOGA VINYASA 11:00 - 11:30 YIN YOGA
JONATHAN	13:45 - 15:15 MARCHE NORDIQUE				ISABELLE STUDIO 21 11:45 - 12:30 SCULPT FUSION 12:30 - 13:15 PILATES AVANCÉS		ELODIE CSC 11:00 - 12:00 ZUMBA
ISABELLE	STUDIO 21 18:00 - 19:00 GLOBAL FIT	STEPHANIE STUDIO 21 18:00 - 19:00 ABDOS & RENFO <i>Méthode De Gasquet</i> 19:00 - 20:00 PILATES & ASSOUPPLISSEMENTS	MARTIN STUDIO 21 18:30 - 19:30 CIRCUIT TRAINING 19:30 - 20:30 GYM BALANCE	LEAH STUDIO 21 19:00 - 20:10 YOGA DYNAMIQUE 20:10 - 20:30 RELAXATION	JONATHAN POPD 12:20 - 13:20 ZUMBA		
ANGELA	STUDIO 21 19:00 - 20:00 DJEMBEL	YASMINA CSC 19:00 - 20:00 CROSS TRAINING			ALICIA STUDIO 21 14:00 - 15:00 BODY ZEN 15:00 - 16:00 YOGA		
					YASMINA STUDIO 21 18:30 - 19:30 KUDUROFIT 19:30 - 20:30 CROSS TRAINING		

RENFORCEMENT MUSCULAIRE

BIEN-ÊTRE

CARDIO

DANSE

SAISON 2025-2026

f

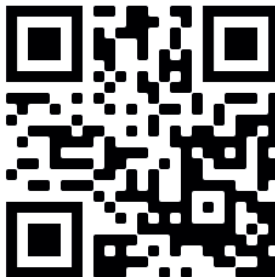
Healthy & Move

ig

healthyandmove

✉

healthy.move78@gmail.com



STUDIO 21 - 21, boulevard Littré - 78600 Le Mesnil-Le-Roi

| CSC - 99, rue de la Muette - 78600 Maisons-Laffitte

| POPD - rue de la Digue - 78600 Maisons-Laffitte