

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
KEVIN	STUDIO 21 10:00 - 11:00 CARDIO BOXE 11:00 - 12:00 STRETCHING	JON 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	ISA STUDIO 21 10:00 - 11:00 PILATES Méthode De Gasquet 11:00 - 12:00 STRETCHING	JON POPD 9:30 - 10:00 H.I.I.T CARDIO 10:00 - 11:00 GLOBAL FIT 11:00 - 12:00 STRETCHING 12:20 - 13:20 ZUMBA	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 FIT DOS	WILLY CSC 9:30 - 10:15 CIRCUIT TRAINING 10:15 - 11:00 GLOBAL FIT
KEVIN	STUDIO 21 12:20 - 13:20 GAINAGE & POSTURES	JON POPD 12:20 - 13:20 H.I.I.T	MARTIN STUDIO 21 18:30 - 19:30 CIRCUIT TRAINING 19:30 - 20:30 GYM BALANCE	SULLY 15:00 - 16:00 MN SPORTIVE Rdv Parking en face Aldi	STEPHANIE STUDIO 21 11:00 - 12:00 A.P.A Activité Physique Adaptée	AUDREY STUDIO 21 9:30 - 10:30 HATHA YOGA	KALIDOU CSC 11:00 - 12:00 ZUMBA
JON	POPD 12:20 - 13:20 GLOBAL FIT	STEPHANIE STUDIO 21 18:00 - 19:00 ABDOS & RENFO Méthode De Gasquet 19:00 - 20:00 PILATES & ASSOUPPLISSEMENTS		STEPHANE STUDIO 21 19:00 - 20:00 HATHA YOGA 20:00 - 20:30 MEDITATION		GUILLAUME CSC 12:10 - 13:10 YOGA 13:10 - 14:10 FIT DANCE	
JON	13:45 - 15:15** MN SANTE ** rdv Parking en face Aldi			TANIA CSC 19:00 - 20:00 GLOBAL FIT 20:00 - 21:00 ZUMBA	ISA STUDIO 21 13:00 - 14:00 MOBILITY FLOW® 14:00 - 15:30 YOGA VINYASA		
GUILLAUME	CSC 19:00 - 20:00 GLOBAL FIT 20:00 - 21:00 LIA	YASMINA CSC 19:00 - 20:00 KUDUROFIT			YASMINA STUDIO 21 18:30 - 19:30 KUDUROFIT 2 semaines consécutives 19:30 - 20:30 STRONG/ CROSS TRAINING DÉBUTANT		
SULLY	18:30 - 20:00 MN SPORTIVE Rdv Parking en face Aldi	SOPHIE STUDIO 21 20:00 - 21:30 SOPHROLOGIE					
KARINE	ZOOM* 19:00 - 20:00 PILATES						

● RENFORCEMENT MUSCULAIRE
 ● BIEN-ÊTRE
 ● CARDIO
 ● DANSE
 ● MARCHE NORDIQUE

SAISON 2022-2023

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