

PLANNING ESPACE FORME 2019

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9 H 30 / 10 H 00							
10 H 00 / 10 H 30		Swiss Ball 9 H 45 / 10 H 30	Adapt fit 9 H 45 / 10 H 30	Feldenkrais 9 H 45 / 11 H 15	Interfit 9 H 45 / 10 H 30	Gym douce 9 H 45 / 10 H 30	
10 H 30 / 11 H 00							
11 H 00 / 11 H 30	Yoga 11 H 00 / 12 H 00	Gym douce 10 H 45 / 11 H 30	Pilates 10 H 45 / 11 H 30	Swiss Ball 11 H 15 / 12 H 00	Stretching 10 H 45 / 11 H 30	Interfit 10 H 45 / 11 H 30	Pilates 10 H 45 / 11 H 30
11 H 30 / 12 H 00							
12 H 00 / 12 H 30			Nording Walking 11 H 45 / 12 H 30			Body Sculpt 11 H 45 / 12 H 30	Zumba 11 H 45 / 12 H 30
12 H 30 / 13 H 00	Interfit 12 H 15 / 13 H 00	CAF 12 H 15 / 13 H 00		Cross training WOD 12 H 15 / 13 H 15	Body Sculpt 12 H 15 / 13 H 00	Zumba 12 H 15 / 13 H 00	Stretching 12 H 30 / 13 H 00
12 H 30 / 13 H 00							Stretching 12 H 30 / 13 H 00
13 H 00 / 13 H 30							
13 H 30 / 14 H 00	Pilates 13 H 15 / 14 H 00			Stretching 13 H 15 / 14 H 00	Body Sculpt 13 H 15 / 14 H 00		
14 H 00 / 14 H 30							
14 H 30 / 15 H 00							
15 H 00 / 15 H 30							
15 H 30 / 16 H 00							Cross training WOD 15 H 15 / 16 H 45
16 H 30 / 17 H 00							Stretching 16 H 45 / 17 H 30
17 H 00 / 17 H 30							
17 H 30 / 18 H 00							
18 H 00 / 18 H 30							
18 H 30 / 19 H 00	Interfit 18 H 15 / 19 H 00	Body Sculpt 18 H 15 / 19 H 00	Circuit Training 18 H 15 / 19 H 00	Body Sculpt 18 H 15 / 19 H 00	Interfit 18 H 15 / 19 H 00		
19 H 00 / 19 H 30	CAF 19 H / 19 H 45	Running 19 H / 20 H	Stretching 19 H 00 / 19 H 45	CAF 19 H 00 / 19 H 45	Pilates 19 H / 19 H 45	Cross training WOD initiation 19 H / 20 H 00	CAF 19 H / 19 H 45
19 H 30 / 20 H 00							
20 H 00 / 20 H 30	Cross training WOD Initiation 20 H / 21 H	Cross training WOD Confirmé 20 H / 21 H	Zumba 20 H 00 / 20 H 45	Cross training WOD 20 H / 21 H	Step 20 H / 20 H 45	Kudoro fit 20 H / 20 H 45	Street work out 20 H / 21 H
20 H 30 / 21 H 00			Ragga 20 H 45 / 21 H 45				Step Initiation 20 H / 20 H 45
21 H 00 / 21 H 30			Cross training WOD 21 H 00 / 22 H 00	Stretching 21 H / 21 H 45			Cross Training Wod 20 H / 20 H 45
21 H 30 / 22 H 00					Yoga 21 H / 22 H 00		Salsa 21 H / 22 H 00

