

PLANNING FITNESS

PÉRIODE ESTIVALE 2026

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10h15-11h Swiss ball	10h30-11h15 Body sculpt		10h15-11h Stretching		
11h15-11h45 Abdos flash	11h30-12h30 Yoga			11h15-12h Pilates	11h15-12h Cross training
11h45-12h30 Barre sculpt		12h-12h30 TRX			12h-12h30 Abdos flash
12h30-13h15 Pilates	12h30-13h15 CAF	12h30-13h15 Cross training	12h30-13h15 Body sculpt	12h30-13h15 Circuit training	
18h-18h30 Abdos flash	17h45-18h30 Encadrement en salle	18h-18h30 Abdos flash	18h-18h30 Abdos flash	17h45-18h30 CAF	
18h30-19h15 Circuit training	18h30-19h15 Circuit training	18h30-19h15 Barre sculpt	18h30-19h30 Yoga	18h30-19h15 Barre sculpt	

■ Intensité 1
■ Intensité 2
■ Intensité 3