

PLANNING ETE 2020

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 – 10H30 AQUA PALMES (MER) MARYLINE	9H30-10H15 BODY SCULPT (SCP) FLAVIE	9H30-11H00 YOGA (SCP) MARIE-LAURE	9H30-10H15 CAF (SCP) CELESTINE	9H30-10H30 AQUA FIT (MARINA VIVA) MARYLINE	10H-10H45 TRX (SCP) BENJAMIN
	10H30-11H15 GYM DOUCE (SCP) FLAVIE		10H30-11H15 PILATES (SCP) CELESTINE		11H00-11H45 BIKING (SCP) BENJAMIN
12H30-13H15 CIRCUIT TRAINING SUR MACHINES (SCP) BENJAMIN		12H30-13H15 CIRCUIT TRAINING SUR MACHINES (SCP) BENJAMIN		12H30-13H15 BIKING (SCP) BENJAMIN	
18H30-19H15 PUMP (MARINA VIVA) CORINNE	18H30-19H00 CROSS TRAINING (MARINA VIVA) BENJAMIN	18H30-19H15 TBC (MARINA VIVA) CORINNE	18H30-19H15 PILOXING (MARINA VIVA) ANTHONY	18H30-19H15 STEP (MARINA VIVA) CELESTINE	
19H30-20H15 BIKING (MARINA VIVA) CORINNE	19H00-19H15 FLASH ABDOS (MARINA VIVA) BENJAMIN	19H30-20H15 BIKING (MARINA VIVA) CORINNE	19H30-20H00 BOOTY BUILDER (MARINA VIVA) ANTHONY	19H30-20H15 STRETCHING (MARINA VIVA) CELESTINE	
	19h30-20h15 Running (Extérieur) Benjamin				