

PLANNING REFORMER

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8:00	Power House JérémY	Signature Leïla	Power House JérémY	Signature Leïla	Signature Marine		
9:00	Power House JérémY	Signature Leïla	Power House JérémY	Signature Leïla	Power House Marine	Signature Julie	
10:00	Power House JérémY	Signature Leïla	Power House JérémY	Power House Cannelle	Signature Charlotte	Signature Julie	Signature Kévin
11:00			Reformer Doux Charlotte	Signature Charlotte	Reformer Doux Charlotte	Signature Julie	Power House Kévin
12:15	Signature Charlotte	Power House Serge	Power House Charlotte	Signature Charlotte	Power House Charlotte	Signature Julie	Signature Kévin
13:15	Signature Charlotte			Signature Charlotte	Signature Charlotte		
16:00						Power House Kévin	
17:00					Signature Julie	Power House Kévin	Signature Hatim
18:00	Signature Marine	Signature Cannelle	Power House Soudi	Power House JérémY	Signature Julie	Power House Kévin	Signature Hatim
19:00	Power House Marine	Power House Cannelle	Power House Soudi	Power House JérémY	Signature Julie		
20:00		Power House Cannelle	Power House Soudi				



PLANNING GYM DOUCE ET YOGA

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8:00	8:00-9:00 Hatha Flow Joachim						
9:00				9:00-9:50 Stretch & Mobilité Cannelle			
10:00				10:00-10:50 Pilates doux Charlotte			
11:00	11:00-11:50 Assouplissement Charlotte	11:00-12:00 Yoga prénatal Naomie				11:15-12:15 Yoga Sculpt Shirley	
12:00		12:30-13:30 Dynamic Flow Géraldine					
13:00							
16:00							
17:00							
18:00				18:20-19:20 Yoga Sculpt Shirley	18:45-20:00 Yoga Relax Elise		
19:00			19:00-20:00 Dynamic Flow et Bain Sonore Shirley	19:30-20:45 Yin et Bain Sonore Joachim			
20:00	20:00-21:00 Yin et Bain Sonore Marine						



PLANNING PILATES SUR TAPIS, FITNESS, BARRE ET DANSE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8:00							
9:00		9:30-10:20 Power Pilates Roxane	9:30-10:20 Ballet Barre Shannon	09:30-10:15 Danse Sculpt Camille	9:15-10:05 Ballet Barre Shannon	9:30-10:20 Summer Body Roxane	
10:00			09:45-10:35 Cardio Boxing Omar		10:15-11:05 Barre Pilates Maxime	10:15-11:05 Pilates sur tapis Anaïs	10:00-10:50 Bootcamp Jordy
11:00	11:00-11:50 Full Body Roxane			11:00-11:50 Abs & Glutes Cannelle	12:20-13:10 Cardio Boxing Jordy	10:30-11:20 Ballet Barre Shannon	
12:00	12:30-13:20 Cardio Boxing Omar		12:30-13:15 Rhythm & Pulse Camille	12:20-13:10 Ballet Barre Shannon	12:30-13:20 Power Pilates Roxane	11:30-12:20 Ballet Barre Shannon	
13:00				12:30-13:20 Summer Body Abdoul			
16:00							
17:00					17:30-18:20 Bootcamp Roxane		
18:00		18:45-19:35 Barre au sol Maxime		18:45-19:30 Danse Sculpt Camille			
19:00		19:15-20:05 Summer Body Roxane	19:00-19:50 Barre Pulse Anaïs				
20:00							

