

PLANNING 2023/2024



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

Plateau Fitness

9h30-10h30
FULL BODY
Membra

9h30-10h30
CAF
Alexandre

9h30-10h30
FIT RENFO
Alexandre

9h30-10h30
RENFO/MOBILITÉ
Mafal

10h30-11h30
YOGA
Dominique

10h30-11h30
STRETCHING
Alexandre

10h30-11h30
DANCE KIDS
Lynda

10h30-11h30
SPORT SÉNIORS
René

10h30-11h30
BODY MOVE
Gladys

12h30-13h30
BIKE
Odom

12h30-13h15
STRETCH FLOW
Carole

12h30-13h30
CARDIO FITNESS
Odom

11h30-12h30
GYM BALL
Gladys

11h-12h
ZUMBA
Léa

17h30-18h30
CROSS TRAINING
Stéphane HENGY

18h-19h
ZUMBA
Léa

17h30-19h
TABATA
Nacim
(RDV devant le plateau)

17h30-18h30
CROSS TRAINING
Nacim

18h-19h
MUSCU/RENFO
Nacim

18h30-19h30
CROSS TRAINING
Stéphane HENGY

19h-20h
BODY MOVE
Gladys

18h-19h
ZUMBA
Léa

18h30-19h30
CROSS TRAINING
Nacim

18h-19h
BIKE
Odom

19h30-20h30
BODY FIGHTING
SPIRIT
Fabrice

20h-21h
PILATES
Gladys

19h-20h
KUDURO/AFRO
Fabrice

20h-21h
STEP FUN
Fabrice

SALLE DE DANSE

18h-19h
DANCEHALL
Débutant
Léa

18h30-19h30
CAF
Odom

18h-19h
BODY MOVE
Gladys

18h-19h
CAF
Odom

19h-20h
PILATES
Gladys

19h-20h
CARDIO FITNESS
Odom

