



PLANNING ÉTÉ 2017 - ST CYPRIEN

DU 1ER JUILLET AU 1ER SEPTEMBRE

CONCEPTS
Body Pump

COURS CARDIO VASCULAIRE
Body fight / Body tonic / Zumba /
Street Jam / Spinning

RENFORCEMENT
AF / CAF / Abdoflash / CP Ball /
Postur fit / Pumping

RENFORCEMENT DOUX
Gym douce / Pilates /
Postural ball / Yoga danse
Power Yoga, STR

FREESTYLE
Step /
LIA

DANSE
Ragga / Hip-hop / Salsa /
Danse Orientale / Lady Style / Kizomba

| | LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENDREDI | | SAMEDI | DIMANCHE |
|-------|--------------------------------|----------------------|--------------------------------------|--------------------------|---------------------------|------------------------|-----------------------------|-------------------------|----------------------------|------|---------|----------|
| | Salle 1 | SPIN | Salle 1 | SPIN | Salle 1 | SPIN | Salle 1 | SPIN | Salle 1 | SPIN | Salle 1 | Salle 1 |
| 9H30 | 9h30 CP / STR 60' | | 9h30 AF / STR 60' | | 9h30 BODY TONIC 60' | 9h30 PILATES 60' | 9h30 AF / STR 60' | | 9h30 GYM DOUCE 60' | | | |
| 10H00 | | | | | | | | | | | | |
| 10H30 | | | | | | | | | | | | |
| 11H00 | | | | | | | | | | | | |
| 11H30 | | | | | | | | | | | | |
| 12H00 | | | | | | | | | | | | |
| 12H30 | 12h15 BODY CARDIO 60' | | 12h15 CAF 45' | | 12h15 CP - STR 60' | | 12h15 BODY PUMP 60' | | 12h15 BODY FIGHT 60' | | | |
| 13H00 | | | | | | | | | | | | |
| 13H30 | | | | | | | | | | | | |
| 14H00 | | | | | | | | | | | | |
| 14H30 | | | | | | | | | | | | |
| 15H00 | | | 15h00 PILATES 45' | | | | 15h00 GYM 45' | | | | | |
| 15H30 | | | 15h45 STR 45' | | | | | 15h45 STRETCH 45' | | | | |
| 16H00 | | | | | | | | | | | | |
| 16H30 | | | | | | | | | | | | |
| 17H00 | | | | | | | | | | | | |
| 17H30 | 17h30 BODY PUMP 60' | | 17h45 AF 30' | | 17h30 CP - 45' | | | | | | | |
| 18H00 | | | | | | | 18h00 PILATES 45' | | 18h00 CP 45' | | | |
| 18H30 | 18h30 BODY TONIC 45' | | | 18h15 LIA 2 45' | 18h15 STEP 1 45' | 18h15 LIA 2 60' | | | | | | |
| 19H00 | | | 18h50 INTERVAL TRAINING 45' | 19h15 ABDOFLASH - 15' | | | 18h45 STEP 2 45' | | | | | |
| 19H30 | 19h30 STR - 15' AF - 30' | 19h15 SPIN 45' | | 19h15 STEP 3 45' | | 19h15 STEP 3 60' | | 19h00 SPIN 45' | | | | |
| 20H00 | | | | | | | 19h45 BODY CARDIO 45' | | | | | |
| 20H30 | | | | | | | | | | | | |
| 21H00 | | | | | | | | | | | | |
| 21H30 | | | | | | | | | | | | |
| 22H00 | | | | | | | | | | | | |

**OUVERT
LE
DIMANCHE**

**DE 10H
À 14H00**

**OUVERT
LE SAMEDI**

**DE 10H30
À 18H30**