

PLANNING REFORMER

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



PLANNING GYM DOUCE ET YOGA

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8:00							
9:00							
10:00				10:00-10:50 Stretch & Mobilité Cannelle			
11:00	11:00-11:50 Assouplissement Charlotte	11:00-12:00 Yoga prénatal Joachim				11:15-12:15 Yoga Sculpt Shirley	
12:00	12:30-13:30 Yoga Strength Joachim						
13:00							
16:00							
17:00							
18:00				18:20-19:20 Yoga Sculpt Shirley	18:45-20:00 Yoga et Méditation 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	9:00-9:50 Abs & Glutes Cannelle		9:30-10:20 Summer Body Roxane	
10:00				09:30-10:15 Danse Sculpt Camille	10:15-11:05 Barre au sol Maxime	10:15-11:05 Pilates sur tapis Anaïs	10:00-10:50 Summer Body Jordy
11:00	11:00-11:50 Full Body Roxane		12:20-13:10 Pilates à la Barre Charlotte		12:20-13:10 Cardio Punch Jordy	10:30-11:20 Ballet Barre Shannon	
12:00			12:30-13:20 Pulse Full Body 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	18:40-19:30 Barre Pulse Anaïs	18:45-19:30 Danse Sculpt Camille			
19:00	19:00-19:50 Abs & Glutes Hatim	19:15-20:05 Summer Body Abdoul					
20:00							

