KEEP FIT Winter Program 2016

castleclub

	09h	10h	11h	12h	13h	17h	18h	19h	20h	21h
LUN	PILATES 1 GYM DOUCE 2 ZUMBA 1	AQUAGYM	AQUA-BIKE SPINNING			AQUAGYM AQUA-BIKE SPINNING + ALL BODY BODY SCULPT + STEP 1	SALSA 1	SALSA + 1		
MAR	PILATES 1	AQUAGYM TENNIS LADIES	AQUA-BIKE TENNIS MEN			AQUAGYM AQUA-BIKE SPINNING TAI-CHI 2 ZUMBA 1 ZUMBA STEP 1				
MER	AQUAGYM BODY SCULPT 1 ZUMBA 1		SPINNING + ALL BODY			AQUA-BIKE AQUA-ZUMBA SPINNING ABDO/BACK : 15 min. YOGA - PILATES 1				
JEU	AQUAGYM SPINNING + ALL BODY PILATES 1 TENNIS MORNING	AQUA-BIKE SPINNING				SPINNING GYM MINCEUR 2 GYM MINCEUR 2 BODY SCULPT 1				
VEN	AQUA-BIKE BODY SCULPT 1 GYM MINCEUR 2 GYM DOUCE 2 YOGA SOFT 2	AQUAGYM SPINNING				AQUAGYM SQUASH CLUB NIGHT				
SAM	STEP 1 SPINNING + ALL BODY SQUASH TEAM TRAINING					AQUA-BIKE				
DIM	SPORTING Sunday Juniors (3 à 12 ans): 9H30 - 12H30 SPINNING					AQUA-BIKE ZUMBA 1 REGROUPEMENT TENNIS : 13H30 - 18H30				

1 = Downstairs aerobic room

2 = Upstairs aerobic room

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Castle Club , le club de tous les sports

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