

KEEP FIT Winter Program 2017



	09h	10h	11h	12h	13h		17h	18h	19h	20h	21h
	00 15 30 45	00 15 30 45	00 15 30 45	00 15 30 45	00 15 30 45		00 15 30 45	00 15 30 45	00 15 30 45	00 15 30 45	00 15 30 45
LUN	PILATES 1	ZUMBA 1	AQUAGYM	AQUA-BIKE	SPINNING	LUN		AQUAGYM	AQUA-BIKE		
	GYM MINCEUR 2	GYM DOUCE 2						SPINNING + ALL BODY			
								BODY SCULPT + STEP 2		SALSA 1	SALSA + 1
MAR	PILATES 1	AQUAGYM		AQUA-BIKE		MAR		AQUAGYM	AQUA-BIKE		
			TENNIS LADIES	TENNIS MEN				SPINNING		TAI-CHI 2	
								ZUMBA MAXI 1			
MER	AQUAGYM				BODY TONE UP	MER		AQUA-BIKE	AQUA-ZUMBA		
	BODY SCULPT 1	ZUMBA 1						SPINNING			
								YOGA - PILATES 2			
JEU	SPINNING + ALL BODY	PILATES 1	AQUAGYM	AQUA-BIKE	SPINNING	JEU		ZUMBA 1		SPINNING	
			TENNIS MORNING					GYM MINCEUR 2			
								BODY SCULPT 1		BODY TONE UP	
VEN	BODY SCULPT 1		AQUA-BIKE	AQUAGYM	SPINNING	VEN		AQUAGYM			
	GYM MINCEUR 2	GYM DOUCE 2	YOGA SOFT 2							SQUASH CLUB NIGHT	
SAM	STEP 1	SPINNING + ALL BODY		SQUASH TEAM TRAINING		SAM	AQUA-BIKE				
DIM	SPORTING Sunday Juniors (3 à 12 ans): 9H30 - 12H30					DIM	AQUA-BIKE				
			SPINNING					ZUMBA 1			

1 = Downstairs aerobic room
2 = Upstairs aerobic room

REGROUPEMENT TENNIS : 13H30 - 18H30

v.20170215