

# KEEP FIT Summer Program 2017 03/07 au 10/09/17



	08h	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	00 15 30 45
LUN		PILATES 1 GYM MINCEUR 2	ZUMBA 1 GYM DOUCE 2		AQUAGYM AQUA-BIKE	SPINNING	LUN		AQUAGYM AQUA-BIKE	SPINNING + ALL BODY STRONG ZUMBA 1		
MAR	YOGA 1	GYM BACK 1			AQUAGYM AQUA-BIKE	TENNIS Team Practice	MAR		AQUAGYM AQUA-BIKE	SPINNING ZUMBA MAXI 1		
MER		BODY SCULPT 1 ZUMBA 1			AQUAGYM AQUA-BIKE		MER		AQUA-BIKE AQUA-ZUMBA	SPINNING YOGA - PILATES 2 ZUMBA 1		
JEU		SPINNING + ALL BODY PILATES 1			AQUAGYM AQUA-BIKE	SPINNING SUMMER TENNIS	JEU			BODY SCULPT 2 IRISH DANCE 1		
VEN		BODY SCULPT 1 GYM MINCEUR 2 GYM DOUCE 2	YOGA SOFT 2		AQUAGYM AQUA-BIKE	SPINNING	VEN		AQUAGYM		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			SPINNING		DIM	AQUA-BIKE	ZUMBA 1			
								REGROUPEMENT TENNIS : 16H30 - 18H30				

1 = Downstairs aerobic room  
2 = Upstairs aerobic room

v.20170629