

KEEP FIT WINTER Program 2017-2018



	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		ZUMBA 1	AQUAGYM	SPINNING			AQUAGYM	AQUA-BIKE		
		GYM MINCEUR 2	GYM DOUCE 2							SPINNING + ALL BODY		
MAR		GYM BACK 1		AQUAGYM						ZUMBA STRONG 1	SALSA 2	SALSA 2
	YOGA 2				AQUA-BIKE					AQUAGYM	AQUA-BIKE	
MER										SPINNING	TAI-CHI 2	
		Stretch. Dos									GYM STICKS	
JEU											ZUMBA MAXI 1	
VEN												
SAM												
DIM												

1 = Downstairs aerobic room
2 = Upstairs aerobic room

REGROUPEMENT TENNIS : 16H30 - 18H30

v.20171123