



FITNESS - LA FAISANDERIE - du 12 au 18 Oct 2020 -

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|--|--|---|--|---|---|
| 8h30 | | | | | | |
| EXTERIEUR | EXTERIEUR | EXTERIEUR | EXTERIEUR | EXTERIEUR | EXTERIEUR | EXTERIEUR |
| | 10h-11h RENFO/CARDIO Ramata | 9h-10h30 MARCHE Dynamique Mickael | | 10h-11h30 JOGGYM David | 10h15-11h AQUAGYM Laurent | 9h30-11h JOGGYM David |
| 11h-12h RENFO/CARDIO Raphaëlle | 11h-12h BODYSCULPT Ramata | 10h45-11h45 Renfo/cardio Mickael | 11h-12h Renfo/cardio Ramata | | 10h15-11h AQUAGYM Laurent | 10h30-12h30 JOGGYM David |
| | | 11h15-12h AQUAGYM Laurent | 12h15-13h15 Taille/Cuisses/Fessiers Ramata | 11h45-13h FITBOXE/Stretch David | 11h15-12h15 Renfo/cardio David | 10h15-11h AQUAGYM Laid |
| 12h00 | | | | | | |
| 12h15-13h15 CIRCUIT TRAINING Raphaëlle | | | | | 12h15-13h15 CIRCUIT TRAINING David | 12h45-14h FIT BOXE / Stretch David |
| 14h00 | | | | | | |
| | | 14h-15h CIRCUIT TRAINING Mickael | | | 14H30-15H30 BODYSCULPT David | 14h30-15h30 Renfo/cardio David |
| | | 15h-16h BODYSCULPT Mickael | | | | |