PLANNING BIEN-ÊTRE - SAISON 2020 - 2021

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h00/10h00 TOTAL FITNESS Josiane ♥♥ Poly 1	9h00/10h00 GYM Viktoria ♥♥ Poly 1	9h15/10h15 TOTAL FITNESS Vanessa ♥♥ Poly 1	9h00/10h00 TOTAL FITNESS Josiane ♥♥ Poly 1	9h00/10h00 STRETCHING Josiane ♥♥ Poly 1	9h30/10h30 CROSS TRAINING Vanessa ♥♥ Poly 2
9h15/10h15 MARCHE Viktoria ♥♥ Collines	9h00/10h00 TOTAL FITNESS Vanessa ♥♥ Poly 2	8h45/10h15 YOGA et MÉDITATION/ RELAXATION (débutant/ + intermédiaire) Isabelle ♥♥ Poly 2	9h00/10h00 MARCHE Leslie ♥♥ Piste athlétisme	9h15/10h15 MARCHE Viktoria ♥♥ Collines	
10h30/11h30 GYM Viktoria ♥♥ Poly 1	10h15/11h15 PILATES Vanessa ♥ Poly 2	10h30/11h30 PILATES Vanessa ♥ Poly 2	10h15/11h15 GYM Leslie ♥♥ Poly 2	10h30/11h30 GYM Viktoria ♥♥ Poly 1	10h30/11h30 BODY SCULPT Vanessa ♥♥ Poly 2
17h15/18h15 HATHA YOGA (initiation) Isabelle ♥ Poly 2	18h30/19h30 CROSS TRAINING Josiane ♥♥♥ Poly 1	18h30/19h30 TOTAL BODY Josiane ♥♥♥ Poly 1	18h30/19h30 BODY SCULPT Josiane ♥♥ Poly 1	18h30/19h30 CARDIO DANSE Vanessa ♥♥♥ Poly 1	
18h15/19h45 HATHA YOGA et MÉDITATION (confirmé) Isabelle ♥♥♥ Poly 2	18h30/19h30 QI GONG Nadine ♥ Poly 2		17h30/18h45 HATHA YOGA (Pratique douce) Isabelle ♥♥ Poly 2		
19h00/20h00 GYM POSTURALE Vanessa ♥♥ Poly 1	19h30/20h30 BODY SCULPT Josiane ♥♥♥ Poly 1	19h30/20h30 STRETCHING Josiane ♥♥ Poly 1	19h30/20h30 CROSS TRAINING Josiane ♥♥♥ Poly 1	18h45/20h15 HATHA / VINYASA YOGA YOGA DYNAMIQUE Isabelle ♥♥ (confirmé) Poly 2	19h30/20h30 QI GONG Nadine ♥ Poly 2
				19h30/20h30 BODY SCULPT Vanessa ♥♥ Poly 1	

•Fitness •Pilates •Yoga (Hatha Yoga) •Gym •Marche •Qi Gong

Faible ♥
Moyen ♥♥
Intense ♥♥♥