

PLANNING

STUDIO 3 TRAINING

2022/2023

FITNESS CENTER LE MUY

| LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENDREDI | | SAMEDI |
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| TRAINING | SALLES | TRAINING | SALLES | TRAINING | SALLES | TRAINING | SALLES | TRAINING | SALLES | |
| 10H-11H CIRCUIT FORME SANTÉ ■ | | 10H-11H PILATES ■ | | 10H-11H CIRCUIT FORME SANTÉ ■ | 10H-11H BABY GYM | | | | 10H-11H POWER YOGA ■ | 10H-11H PILATES ■ |
| | | | | 10H-20H ACCÈS | | | | | | 11H-12H CIRCUIT TRAINING ■ ■ |
| 12H-13H30 ACCÈS | 12H-13H PILATES ■ | 12H30-13H30 CROSS TRAINING ■ ■ | 12H30-13H30 YOGA ■ | | | | 12H30-13H30 PILATES ■ | 12H30-13H30 CROSS TRAINING ■ ■ ■ | | |
| 17H15-18H15 CIRCUIT TRAINING ■ ■ | | 17H15-18H HIIT ■ ■ ■ | | | | 17H15-18H15 CIRCUIT TRAINING ■ ■ | | 17H15-18H15 KID'S FIT CE2-CM2 | | |
| 18H15-19H HIIT ■ ■ ■ | 18H15-19H15 STRETCHING ■ | 18H-19H CIRCUIT TRAINING ■ ■ | | | 18H-19H BODY TRAINING ■ ■ ■ | 18H15-19H15 CIRCUIT TRAINING ■ ■ | 18H15-19H15 PILATES ■ ■ | 18H15-19H15 TEEN'S FIT 6ÈME-3ÈME | 18H15-19H15 POWER YOGA ■ ■ | |
| 19H-20H30 ACCÈS | 19H30-20H30 CARDIO BOXE ■ ■ | 19H-20H ACCÈS | 19H-20H PILATES ■ | | 19H-20H PILATES ■ ■ | 19H15-20H15 YOGA FLOW SALLE 3 ■ | 19H15-20H15 HAPPY DANCE SALLE 2 | 19H30-20H30 CROSS TRAINING ■ ■ ■ | | |
| | | 20H-21H CROSS TRAINING ■ ■ ■ | | | | | | | | |

■ SOFT LEVEL

■ ■ INTERMEDIATE LEVEL

■ ■ ■ HIGH LEVEL