





























PLANNING

STUDIO 3 TRAINING

2022/2023

FITNESS CENTER LE MUY

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI
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 MINI KIDS				10H-11H POWER YOGA 	10H-11H PILATES 
				10H-20H ACCÈS						11H-12H CIRCUIT TRAINING 
	12H-13H PILATES 	12H30-13H30 CIRCUIT TRAINING 	12H30-13H30 PILATES 				12H30-13H30 PILATES 	12H30-13H30 CIRCUIT TRAINING 		
17H15-18H15 CIRCUIT/HIIT 		17H15-18H HIIT 				17H15-18H15 CIRCUIT TRAINING 		17H15-18H15 KID'S FIT CE2-CM2		
18H15-19H CIRCUIT TRAINING 	18H15-19H15 STRETCHING 	18H-19H CIRCUIT TRAINING 			18H-19H BODY TRAINING 	18H15-19H15 CIRCUIT TRAINING 	18H15-19H15 PILATES FIT 	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 ZEN SALLE 3 	19H30-20H30 HAPPY DANCE SALLE 1 	19H30-20H30 CROSS TRAINING 		
		20H-21H CROSS TRAINING 								

 SOFT LEVEL

 INTERMEDIATE LEVEL

 HIGH LEVEL