



# PLANNING DANSE-FITNESS 2023-2024



## ENFANTS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	MERCREDI	
<b>MATIN</b>	<u>9h30</u> <b>Pilates</b> Salle fitness - Olivia	<u>9h30</u> <b>TRX Flow</b> Salle fitness - Sandra	<u>9h30</u> <b>Gym Cardio Renfo</b> Salle fitness - Olivia	<u>9h30</u> <b>Body-Ball</b> Salle fitness - Sandra			
	<u>10h15</u> <b>Postural-training</b> Salle fitness - Olivia	<u>10h15</u> <b>Core-Training</b> Salle fitness - Sandra	<u>10h15</u> <b>Pilates</b> Salle fitness - Olivia	<u>10h15</u> <b>Yogalates</b> Salle fitness - Sandra			
<b>MIDI</b>	<u>11h00</u> <b>Stretch-détente</b> Salle fitness - Olivia	<u>11h30 à 12h15</u> <b>Cross training</b> Salle fitness - Olivia	<u>11h00</u> <b>Gym-ball /stretching</b> Salle fitness- Olivia	<u>11h30</u> <b>Circuit-Oxygène</b> Extérieur - Christine	<u>11h30</u> <b>Body-Ball</b> Salle fitness - Sandra		
	<u>12h15</u> <b>Body-Barre</b> Salle de danse - Sandra	<u>12h15 à 13h00</u> <b>Cross training</b> Salle fitness - Olivia	<u>12h15</u> <b>Stretching</b> Salle de danse - Corinne	<u>12h15</u> <b>TRX</b> Salle fitness - Christine	<u>12h15</u> <b>Body-sculp</b> Salle fitness - Sandra		
		<u>13h</u> <b>Abdos - fessiers</b> Salle fitness - Olivia		<u>13h</u> <b>Body-Balance</b> Salle fitness - Christine	<u>14h</u> <b>Abdos - fessiers</b> Salle fitness - Olivia		
<b>SOIR</b>			<u>16h30</u> <b>HIIT</b> Salle fitness - Christine		<u>14h45</u> <b>Pilates</b> Salle Fitness - Olivia	<u>14h30</u> <b>FIT KID 6-8ans</b> Salle fitness - Christine	
	<u>17h30</u> <b>Tabata-cardio</b> Salle de danse - Eve	<u>17h30</u> <b>Pilates</b> Salle de fitness - Corinne	<u>17h30</u> <b>Pilates</b> Salle de danse - Corinne	<u>17h30</u> <b>Fit balance</b> Salle fitness - Christine	<u>17h30</u> <b>Body-Barre</b> Salle fitness - Sandra	<u>17h30 - 19h30</u> <b>Yoga</b> Salle fitness - Anne	<u>16h30</u> <b>Cross-training</b> Salle de fitness-Mickael
	<u>18h15</u> <b>Interval-training</b> Salle de danse - Eve	<u>18h15</u> <b>Stretching relax</b> Salle de fitness - Corinne	<u>18h15</u> <b>Stretching</b> Salle de danse - Corinne	<u>18h15</u> <b>Step</b> Salle fitness - Christine	<u>18h15</u> <b>TRX Flow</b> Salle fitness - Sandra		<u>17h15</u> <b>Calories-killer</b> Salle de fitness - Mickael
			<u>19h00</u> <b>Barre Classique</b> Salle de danse - Corinne	<u>19h00</u> <b>Core-Training</b> Salle fitness - Sandra	<u>19h00</u> <b>abdos-fessiers</b> Salle de danse -Salomé		

Présidente : Fabienne DELAYGUE

<https://associations-cse-airbushelicopters.com/>