

PLANNING SPORT BIEN ÊTRE - SAISON 2026/2027

LUNDI

09:00 - 10:00

BODY SCULPT

SALLE ARTS K DANSE

VANESSA



09:15 - 10:15

MARCHE TONIC

COLLINES

VIKTORIA



10:30 - 11:30

GYM

SALLE ARTS K DANSE

VIKTORIA



17:30 - 18:45

HATHA YOGA

FOYER RURAL

ISABELLE



18:45 - 20:15

HATHA YOGA & MEDITATION

FOYER RURAL

Confirmé
ISABELLE



MARDI

09:00 - 10:00

BODY SCULPT

POLY 2

VANESSA



09:15 - 10:15

MARCHE COLLINE

DRAINAGE
LYMPHATIQUE
COLLINES

VIKTORIA



10:15 - 11:15

GYM BALL PILATES

POLY 2

VANESSA



18:30 - 19:30

QI GONG

POLY 2

NADINE



18:30 - 19:30

CROSS TRAINING

FOYER RURAL

ALEXANE



19:30 - 20:30

BODY SCULPT

FOYER RURAL

ALEXANE



MERCREDI

08:30 - 09:45

HATHA YOGA



COURS ZOOM

ISABELLE

09:15 - 10:15

CROSS TRAINING

POLY 2

VANESSA



10:30 - 11:30

PILATES

POLY 2

VANESSA



11:30 - 13:00

HATHA YOGA

POLY 2

ISABELLE

Débutant + Intermédiaire



18:30 - 19:30

ABDOS FESSIERS

SAFIA/YANIS

FOYER RURAL



19:30 - 20:30

STRETCHING

FOYER RURAL

sous réserve de
modifications

SAFIA/YANIS



JEUDI

09:00 - 10:00

ABDOS FESSIERS

SALLE ARTS K DANSE

SAFIA/YANIS



09:30 - 10:30

MARCHE

PISTE ATHLETISME

LESLIE



10:30 - 11:30

GYM

SALLE ARTS K DANSE

LESLIE



18:30 - 20:30

HATHA VINYASA YOGA

POLY 2

ISABELLE



18:30 - 19:30

CROSS TRAINING

FOYER RURAL

SAFIA/YANIS



19:30 - 20:30

BODY SCULPT + CARDIO

FOYER RURAL

ALEXANE



VENDREDI

09:00 - 10:00

STRETCHING

SALLE ARTS K DANSE

VANESSA



09:15 - 10:15

MARCHE TONIC

COLLINES

VIKTORIA



10:30 - 11:30

MIX GYM

SALLE ARTS K DANSE

VIKTORIA



17:45 - 18:45

PILATES

FOYER RURAL

VANESSA



18:45 - 19:45

CARDIO DANSE

FOYER RURAL

VANESSA



19:45 - 20:45

BODY SCULPT

OU STRETCHING

DERNIER VENDREDI
DU MOIS

FOYER RURAL

VANESSA



SAMEDI

10:00 - 11:00

CROSS TRAINING

POLY 2

VANESSA /
ALEXANE



11:00 - 12:00

BODY SCULPT

POLY 2

VANESSA /
ALEXANE



INFOS PRATIQUES

CARDIO

FAIBLE

MOYEN

INTENSE

TARIF COTISATION : 250€

Matériels : Tapis, Serviettes
bouteille d'eau

19:15 - 20:15

QI GONG

POLY 2

NADINE

