



LUNDI

MARDI

MERCREDI

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|-------|-------------------------------------|--------------------------------------|
| 9h | MOTRICITE 45' - Dojo | CARDIO TRAINING 45' - Annexe 1911 |
| 10h | RENFO MUSCU 45' - Annexe 1911 | PILATES 45' - Espace Zen |
| | MOTRICITE 45' - Dojo | |
| 11h | RENFO MUSCU 45' - Dojo | CARDIO MUSCU 60' - Salle 1911 |
| | YOGA DECOUVERTE 45' - Espace Zen | |
| 12h15 | PILATES 45' - Dojo | BODY RELAX 45' - Espace Zen |
| 17h30 | PILATES 45' - Espace Zen | |
| 18h | TENNIS SANTE 60' - Tennis | |
| 18h30 | BODY RELAX 45' - Espace Zen | CARDIO TRAINING 45' - Annexe 1911 |
| 19h30 | YOGA DECOUVERTE 45' - Espace Zen | |

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| 8h | NAGEZ FORME SANTE * 45' - Chamalières | |
| 9h | RENFO MUSCU 45' - Dojo | BODY RELAX 45' - Espace Zen |
| 10h | YOGA DECOUVERTE 45' - Dojo | PILATES 45' - Espace Zen |
| 11h | CARDIO MUSCU 60' - Salle 1911 | CARDIO TRAINING 45' - Annexe 1911 |
| | MOTRICITE 45' - Dojo | CARDIO PLEIN AIR 45' - Piste |
| 12h15 | PILATES 45' - Espace Zen | |
| 14h | CARDIO TRAINING 45' - Dojo | |
| 17h | CARDIO MUSCU 60' - Salle 1911 | |
| 17h15 | CARDIO TRAINING 45' - Annexe 1911 | |
| 17h30 | TENNIS DE TABLE 60' - Aulnat | |
| 18h15 | RENFO MUSCU 45' - Annexe 1911 | |

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|-------|--------------------------------------|--|
| 9h | CARDIO TRAINING 45' - Annexe 1911 | YOGA DECOUVERTE 45' - Espace Zen |
| 9h30 | TENNIS SANTE 60' - Tennis | |
| 10h | PILATES 45' - Espace Zen | MOTRICITE 45' - Annexe 1911 |
| 11h | CARDIO MUSCU 60' - Salle 1911 | BODY RELAX 45' - Espace Zen |
| | RENFO MUSCU 45' - Annexe 1911 | |
| 11h15 | GYM AQUATIQUE * 45' - Chamalières | NAGEZ FORME SANTE * 45' - Chamalières |
| 12h10 | GYM AQUATIQUE * 45' - Chamalières | NAGEZ FORME SANTE * 45' - Chamalières |
| 12h15 | CARDIO TRAINING 45' - Annexe 1911 | |
| 16h | CARDIO MUSCU 60' - Salle 1911 | RENFO MUSCU 45' - Annexe 1911 |
| 17h30 | PILATES 45' - Espace Zen | |
| 18h30 | CARDIO MUSCU 60' - Salle 1911 | |



JEUDI

VENDREDI

SAMEDI

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|-------|--------------------------------------|--------------------------------------|
| 9h | RENFO MUSCU 45' - Dojo | BODY RELAX 45' - Espace Zen |
| 10h | PILATES 45' - Espace Zen | CARDIO TRAINING 45' - Dojo |
| 11h | MOTRICITE 45' - Dojo | CARDIO MUSCU 60' - Salle 1911 |
| | PILATES 45' - Espace Zen | CARDIO TRAINING 45' - Annexe 1911 |
| | BASKET 60' - Salle 1 | |
| 12h15 | BODY RELAX 45' - Espace Zen | SWISSBALL 45' - Dojo |
| 17h | FOOT EN MARCHANT 60' - Gravanches | CARDIO MUSCU 60' - Salle 1911 |
| 18h15 | RUGBY 60' - Gravanches | |
| 19h15 | YOGA DECOUVERTE 45' - Espace Zen | |

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|-------|----------------------------------|---------------------------------|
| 9h | MOTRICITE 45' - Dojo | CARDIO PLEIN AIR 45' - Piste |
| | BODY RELAX 45' - Espace Zen | |
| 10h | BODY RELAX 45' - Dojo | |
| 11h | CARDIO MUSCU 60' - Salle 1911 | BODY RELAX 45' - Espace Zen |
| | RENFO MUSCU 45' - Dojo | |
| 12h15 | PILATES 45' - Espace Zen | |
| 14h | RENFO MUSCU 45' - Dojo | |

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| 9h | PILATES 45' - Annexe 1911 |
| 11h30 | CARDIO TRAINING 45' - Annexe 1911 |

Ce planning est susceptible d'être modifié en cours de saison.