

PLANNING DES COURS JUILLET 2009

	Lundi 29.06	Mardi 30.06	Mercredi 01.07	Jeudi 02.07	Vendredi 03.07
09h15	STRETCHING SPORTIF Staff	PILATES Yelena	TOTAL SCULPT Corinne	BIKE Staff	FITBALL Corinne
12h15	FIT BOX Patricia	PUMP Staff	SAFE PILATES Nathalie	TOTAL SCULPT Staff	BIKE Dorothee
18h30					STEP Geraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	CAF Staff		

	Lundi 6.7	Mardi 7.7	Mercredi 8.7	Jeudi 9.7	Vendredi 10.7
09h15	STRETCHING SPORTIF Staff	PILATES Yelena	TOTAL SCULPT Corinne	BIKE Staff	FITBALL Corinne
12h15	TBC Staff	PUMP Staff	SAFE PILATES Nathalie	TOTAL SCULPT Staff	BIKE Dorothee
18h30					STEP Geraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	TBC Staff		

	Lundi 13.07	Mardi 14.07	Mercredi 15.07	Jeudi 16.07	Vendredi 17.07
09h15	STRETCHING SPORTIF Staff	PILATES Yelena	TOTAL SCULPT Staff	BIKE Staff	STRETCHING SPORTIF Staff
12h15	CARDIO SCULPT Staff	PUMP Staff	SAFE PILATES Nathalie	TOTAL SCULPT Staff	BIKE Dorothee
18h30					STEP Geraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	TBC Staff		

	Lundi 20.07	Mardi 21.07	Mercredi 22.07	Jeudi 23.07	Vendredi 24.07
09h15	STRETCHING SPORTIF Staff	PILATES Yelena	TOTAL SCULPT Corinne	BIKE Staff	FITBALL Corinne
12h15	FIT BOX Patricia	PUMP Staff	SAFE PILATES Nathalie	TOTAL SCULPT Staff	BIKE Dorothee
18h30					STEP Geraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	FIT BOX Patricia		

Sous réserves de modifications

PLANNING DES COURS AOÛT 2009

	Lundi 27.07	Mardi 28.07	Mercredi 29.07	Jeudi 30.07	Vendredi 31.07
09h15	STRETCHING SPORTIF Staff	TBC Staff	TOTAL SCULPT Corinne	BIKE Staff	FITBALL Corinne
12h15	FIT BOX Patricia	PUMP Staff	SCULPT BALL Staff	TOTAL SCULPT Staff	BIKE Staff
18h30					STEP Géraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	FIT BOX Patricia		

FITNESS FERME pour maintenance du 01.08.09 au 09.08.09 – réouverture Lundi 10.08.09 à 8h00

	Lundi 10.08	Mardi 11.08	Mercredi 12.08	Jeudi 13.08	Vendredi 14.08
09h15	STRETCHING SPORTIF Staff	PILATES Yelena	TOTAL SCULPT Staff	BIKE Staff	TBC Staff
12h15	FIT BOX Patricia	PUMP Staff	STRETCHING SPORTIF Staff	TOTAL SCULPT Staff	BIKE Dorothee
18h30					STEP Géraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	FIT BOX Patricia		

	Lundi 17.08	Mardi 18.08	Mercredi 19.08	Jeudi 20.08	Vendredi 21.08
09h15	STRETCHING SPORTIF Staff	PILATES Yelena	TOTAL SCULPT Staff	BIKE Staff	SCULPT BALL Staff
12h15	FIT BOX Patricia	PUMP Staff	SAFE PILATES Nathalie	TOTAL SCULPT Staff	BIKE Dorothee
18h30					STEP Géraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	FITBOX Patricia		

	Lundi 24.08	Mardi 25.08	Mercredi 26.08	Jeudi 27.08	Vendredi 28.08
09h15	STRETCHING SPORTIF Staff	PILATES Yelena	TOTAL SCULPT Staff	BIKE Staff	SCULPT BALL Staff
12h15	FIT BOX Patricia	PUMP Staff	SAFE PILATES Nathalie	TOTAL SCULPT Staff	BIKE Dorothee
18h30					STEP Géraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	FIT BOX Patricia		

Sous réserves de modifications

	Lundi 31.08	Mardi 01.09	Mercredi 02.09	Jeudi 03.09	Vendredi 04.09
09h15	STRETCHING SPORTIF Staff	PILATES Yelena	TOTAL SCULPT Staff	BIKE Staff	SCULPT BALL Staff
12h15	FIT BOX Patricia	PUMP Staff	SAFE PILATES Nathalie	TOTAL SCULPT Staff	BIKE Dorothee
18h30					STEP Geraldine
19h00	TOTAL SCULPT Staff	BIKE Staff	FIT BOX Patricia		

Sous réserves de modifications

HORAIRES D'ETE

Lundi & Jeudi 08h00 – 21h00
Vendredi 08h00 – 20h00
Samedi 09H00-15h00
Dimanche FERME

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