

ANTIBES - PLANNING PAR JOUR

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	8h00 [60'] Yoga dynamic 60'		8h00 [60'] Yoga dynamic		8h15 [30'] Pranayama	
8h30 [45'] Basic stretching		8h30 [45'] Barre au sol		8h30 [45'] Gym douce	8h45 [75'] Yoga Dynamic	
9h15 [30'] Abdos fessiers	9h15 [30'] Abdos fessiers	9h15 [30'] Pilates exp	9h15 [30'] Abdos fessiers	9h15 [30'] Pilates exp	8h45 [45'] Pilates foam	9h15 [45'] stretching
9h30 [45'] Aquagym	9h15 [45'] Aquastrong	9h30 [45'] Aquagym	9h15 [45'] Aquabiking	9h15 [45'] Aquagym	9h30 [30'] Pilates exp	9h15 [75'] Yoga dynamic
9h45 [45'] Gym douce	9h45 [45'] Bodywork	9h45 [45'] Bodywork	9h45 [45'] Basic stretching	9h45 [45'] Pilates foam	9h30 [45'] Aquafitness	9h45 [45'] Aquagym
9h45 [45'] Bodypump	10h00 [30'] Pranayama	9h45 [45'] DVD bike	9h45 [45'] Bodypump	9h45 [45'] DVD bike	10h00 [60'] Bodypump	10h00 [30'] Abdos fessiers
9h45 [45'] DVD Bike	10h00 [45'] DVD Bike	9h45 [45'] Pilates ring	10h00 [45'] DVD bike	10h15 [45'] Aquafitness	10h00 [60'] Pilates swissball	10h30 [60'] Bodypump
10h30 [45'] Free step 1	10h15 [45'] Aquabody	10h30 [60'] Free step 2	10h15 [45'] Aquafitness	10h30 [45'] Barre au sol	10h30 [45'] Aquabiking	10h45 [45'] Aquabiking
10h30 [45'] Aquafitness	10h30 [45'] Bodybalance	10h30 [45'] Aquabody	10h30 [45'] Pilates mat	11h15 [75'] Yoga dynamic	11h00 [45'] Barre00 au sol	
10h30 [60'] Yoga Détente	10h30 [90'] Yoga Ashtanga	10h30 [45'] Barre au sol	10h30 [45'] Lia 1	11h15 [45'] Aquabiking	11h00 [60'] Bodyjam	
	11h15 [45'] Aquabiking		11h00 [45'] Aquastrong		11h00 [60'] Spivi	
12h15 [60'] Bodyjam	12h30 [45'] Bodypump	12h30 [60'] Bodycombat	12h30 [45'] Cross training	12h30 [60'] Free step 3	12h00 [60'] Yoga détente	
12h30 [45'] Bodywork	12h30 [45'] Pilates mat	12h30 [60'] Yoga dynamic	12h30 [45'] Pilates foam	12h30 [60'] Yoga détente		
12h30 [45'] RPM	12h30 [50'] RPM	12h30 [45'] DVD bike	12h30 [45'] Spivi	12h30 [60'] Spivi		
12h30 [45'] Aquabiking	12h30 [45'] Aquapower	12h30 [45'] Aquabiking				
13h15 [30'] Bodybalance	13h15 [30'] Abdos fessiers		14h30 [60'] Step 2			
14h30 [45'] Pilates mat	14h30 [60'] Step 1	14h15 [60'] Yoga méditatif	14h30 [60'] Yoga dynamic doux			
15h15 [45'] Stretching		15h15 [45'] Stretching		15h30 [45'] Aquabody	15h30 [50'] RPM	
16h00 [45'] Aquabody	16h00 [45'] Aquagym	15h45 [45'] Aquafitness			16h30 [60'] Bodypump	
17h00 [45'] Basic Stretching	17h00 [60'] Pilates swiss	16h00 [45'] Pilates swiss	17h00 [45'] LIA 3	17h00 [60'] Bodywork		
17h30 [60'] Bodypump		17h00 [45'] Basic stretching	17h00 [60'] Pilates foam	17h00 [45'] Free step 1		
17h45 [60'] Pilates mat	18h00 [45'] Barre au sol	17h00 [30'] Abdos fessiers	17h30 [45'] Aquapower	17h30 [45'] Aquabiking	17h30 [60'] Body combat	
18h00 [45'] Aquaboxing	18h00 [45'] House danse	17h30 [60'] Bodypump	17h45 [60'] Bodyjam	17h45 [45'] LIA 3		
18h30 [60'] Lia 2	18h15 [45'] Aquapower	17h45 [60'] Pilates avancé	18h00 [45'] Barre au sol	18h00 [30'] Abdos fessiers		
18h40 [50'] RPM	18h45 [45'] Pilates ring	18h30 [50'] RPM	18h00 [50'] RPM	18h15 [60'] Spivi		
18h45 [45'] Stretching avancé	18h45 [60'] Spivi	18h30 [45'] Aquabiking	18h30 [45'] Aquatrainning	18h30 [45'] Basic stretching		
19h00 [45'] Aquabiking	18h45 [60'] Bodyjam	18h30 [60'] Free step 3	19h00 [45'] Bodybalance	18h30 [45'] Free step 2		
19h30 [60'] Bodycombat	19h15 [45'] Aquabiking	18h45 [60'] Yoga dynamic	19h00 [45'] Bodypump	19h15 [45'] Pilates ring		
19h35 [90'] Yoga dyn avancé	19h45 [45'] Bodypump	19h30 [45'] Aquaboxing		19h15 [60'] Cross training		
		19h30 [60'] Cross Training				