

LUNDI			
9h/10h	MARCHE	MAIRIE	CLEMENT
10h/11h	GYM DOUCE	PAGNOL	JACKIE
11h/12h	TOTAL RENFO		
12h30/13h30	ABDOS/DOS	DOJO	MELANIE
18h/19h	BODY SCULPT	PAGNOL	NORIA
19h/20h	CROSS TRAINING		
19h30/20h30	ZUMBA	PREAU	CAROLE
20h30/21h30	PILATES/STRETCH		

MARDI			
9h30/10h30	CARDIO RENFO	PAGNOL	JACKIE
10h30/11h30	PILATES		
15h30/16h30	RENFO EQUILIBRE	DOJO ANNEXE	CLEMENT
16h30/17h30	TOTAL RENFO		
18h/18h45	TOTAL CFA	PREAU	CLEMENT
18h45/19h30	GYM ZEN		
19h30/20h30	CARDIO PUNCHING		
20h30/21h30	STEP	PREAU	NORIA
19h/20h	BODY TONIC	DOJO ANNEXE	VIRGINIE
20h/21h	PILATES		

MERCREDI			
9h30/10h30	TOTAL RENFO	DOJO	JACKIE
10h30/11h30	GYM DOUCE		
18h30/19h30	CROSS TRAINING	DOJO ANNEXE	BAPTISTE
19h30/20h30	AERO BOXE		

JEUDI			
10h/11h	STRETCHING	PAGNOL	CARINE
18h30/19h30	C/A/F	PREAU	
18h30/19h30	URBAN TRAINING	PREAU	BAPTISTE
19h30/20h30	HIIT TABATA		

VENDREDI			
9h30/10h30	RENFO	PAGNOL	JACKIE
10h30/11h30	STRETCHING		
17h/18h	GYM DOUCE	DOJO ANNEXE	BAPTISTE
18h15/19h15	URBAN TRAINING		
19h30/20h30	STEP	PAGNOL	

SAMEDI			
9h/10h	BODY SCULPT	PAGNOL	CAROLE
10h/11h	ZUMBA		
11h/12h	PILATES/ BALLON		
12h/12h30	STRETCHING		



SAISON 2025-2026
PLANNING ADULTES