



# *Planning sport*



# Planning coaching sportif

Séances en salle de fitness, piscine & extérieur

| horaire/jour | Lundi                  | Mardi                  | Mercredi                  | Jeudi                     | Vendredi                  | Samedi                 | Dimanche               |
|--------------|------------------------|------------------------|---------------------------|---------------------------|---------------------------|------------------------|------------------------|
| 8h40/9h00    | Morning Routine<br>20' | Morning Routine<br>20' | Morning Routine<br>20'    | Morning Routine<br>20'    | Morning Routine<br>20'    | Morning Routine<br>20' | Morning Routine<br>20' |
| 9h00/9h30    | AquaGymTonique<br>30'  | AquaGymTonique<br>30'  | AquaGymTonique<br>30'     | AquaGymTonique<br>30'     | AquaGymTonique<br>30'     | AquaGymTonique<br>30'  |                        |
| 10h00/10h30  | Aquabike 30'           | Aquabike 30'           | Aquabike 30'              | Aquabike 30'              | Aquabike 30'              | Aquabike 30'           |                        |
| 11h00/11h30  |                        | Aquapilates 30'        |                           |                           |                           | Aquapilates 30'        |                        |
| 14h/15h00    |                        |                        | VTT 1h                    |                           |                           |                        |                        |
| 14h/14h45    |                        | Marche Nordique<br>45' | Initiation Pilates<br>50' | Marche Nordique<br>45'    | Initiation Pilates<br>50' |                        |                        |
| 14h00/14h30  | Boxe Training<br>30'   |                        |                           |                           |                           | Boxe Training<br>30'   |                        |
| 14h30/15h00  | AquaGymTonique<br>30'  | AquaGymTonique<br>30'  | AquaGymTonique<br>30'     | AquaGymTonique<br>30'     | AquaGymTonique<br>30'     | AquaGymTonique<br>30'  |                        |
| 15h10/15h40  |                        | Aquagymdouce 30'       | Aquajogging 30'           | 15h20 Aquatraining<br>40' | AquaBoxing 30'            |                        |                        |
| 16h40/17h20  | Aquapilates 40'        |                        | Aquapilates 40'           | Aquapilates 40'           | Aquapilates 40'           |                        |                        |
| 17h00/17h30  | Stretching 30'         | Stretching 30'         | Stretching 30'            | Stretching 30'            | Gym douce 30'             | Stretching 30'         |                        |

