

















# PLANNING DU 16 AVRIL AU 1er JUILLET 2018















## LUNDI

J'Flex	30'	09:00	 
Fac Evolution	30'	09:30	
J'Stretch	45'	10:00	
Hatha Yoga	60'	11:00	
Mat Pilates	60'	12:00	 
Fac Evolution	30'	13:00	
20*20*20	60'	18:30	  
Abdos	15'	19:30	
J'Flex	45'	19:45	 
Relax Yoga	60'	20:30	


## MARDI

Up'Body	30'	07:30	
Mat Pilates	45'	09:30	
15*15*15	45'	10:15	  
Abdos	15'	12:15	
Aéro Dance	30'	12:30	
J'Flex	30'	13:00	 
Vinyasa yoga	60'	13:30	
Barre au sol	60'	14:30	
Mat Pilates	45'	18:15	 
Fac Evolution	30'	19:00	
Mat Pilates	60'	19:30	
















## MERCREDI

Fac Evolution	30'	07:30	
Body Fit	30'	09:30	 
Mat Pilates	45'	10:00	
Tai-Chi Chuan	90'	11:00	
Fac Evolution	30'	12:30	
J'Stetch	30'	13:00	
Pump	45'	18:00	
J'Stretch	30'	18:45	
Shadow Boxe	30'	19:15	 
TRX and Core	30'	19:45	
Be Relaxed	60'	20:30	 




## JEUDI

Up'Body	30'	09:00	
Fac Evolution	30'	09:30	
J'Stretch	45'	10:00	
Abdos	15'	10:45	
Yoga	60'	11:00	
Cardio Training	30'	12:00	
J'Stretch	30'	12:30	
Body Sculpt	30'	13:00	
Abdos	15'	18:30	
Aéro Dance	30'	18:45	
J'Flex	30'	19:15	 
Slow Yoga	60'	20:15	









## VENDREDI

Body Sculpt	45'	07:30	
Tai-Chi Chuan	60'	08:30	
CPG	30'	09:30	  
Mat Pilates	60'	10:00	
Hatha Yoga	60'	11:00	
Fac Evolution	30'	12:00	
J'Stretch	30'	12:30	
Abdos	15'	13:00	
TRX and Core	60'	18:00	
Cardio Pump	60'	19:00	 
J'Flex	30'	20:00	 





## SAMEDI

J'Stretch	30'	09:00	
Cardio Body Fit	45'	09:30	
Aéro Dance	30'	10:15	  
J'Flex	45'	10:45	 
CPG	30'	11:30	  
Abdos	15'	12:00	
Hatha Yoga	75'	12:30	
Fac Evolution	30'	15:30	
J'Stretch	45'	16:00	

## DIMANCHE

J'Stretch	60'	10:00	
Go On	30'	11:00	
Fac Evolution	30'	11:30	
J'Flex	30'	12:00	
Be Relaxed	60'	16:00	 
Pilates	60'	17:00	 

## Pictos

Cardio Vasculaire	
Assouplissement Tonicité	
Renforcement musculaire	
Energétique	



LUNDI - JEUDI 07:00-22:00

VENDREDI 07:00-21:00

SAMEDI 08:30-20:00

DIMANCHE 09:00-20:00

Jours fériés 1er, 8, 10 et 21 Mai

J'Stretch	60'	10:00
Go On	30'	11:00
Fac Evolution	30'	11:30
J'Flex	30'	12:00
Horaires d'ouverture	09:00 - 20:00	

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