

Retrouvez votre club Femmes en Forme Marseille 1er sur fitness france

PLANNING RETREE A PARTIR DU 29 AOÛT 2016

LUNDI - 9H30 / 20H30		MARDI - 9H30 / 20H30		MERCREDI - 9H30 / 20H30		JEUDI - 9H30 / 20H30		VENDREDI - 9H30 / 20H00		SAMEDI - 10H00 / 13H00							
Salles	CIRCUIT	SALLE DE COURS	CIRCUIT	SALLE DE COURS	CIRCUIT	SALLE DE COURS	CIRCUIT	SALLE DE COURS	CIRCUIT	SALLE DE COURS	CIRCUIT	SALLE DE COURS					
9h																	
9h15																	
9h30	9h30/10h30 COACHING		9h30/10h30 COACHING		9h30/10h30 COACHING		9h30/10h30 COACHING		9h30/10h30 COACHING								
9h45																	
10h	SUR		SUR		SUR		SUR		SUR								
10h15	CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING		10h/11h						
10h30	10h30/11h30		10h30/11h30		10h30/11h30		10h30/11h30		10h30/11h30		COACHING SUR						
10h45	Gym Trad		C.A.F		Bras/Dos/Abdos		Gym Trad		T.B.C		TRAINING	Sarah x 2					
11h	Stretch		Stretch		Stretch		Stretch		Stretch		11h/12h15	11h00/11h45					
11h15	Nuria		Julie		Nuria		Lydia		Nacima		Cours s/Circuit :	BOXE FEMININE					
11h30											Total Body	Débutantes					
11h45											Conditioning	11h45/12h30					
12h		Julie x 2		Lydia		Laure		Lydia		Lydia	Stretch	BOXE FEMININE					
12h15	12h15/13h	12h15/13h	12h15/13h	12h15/13h	12h15/13h	12h15/13h	12h15/13h	12h15/13h	12h15/13h	12h15/13h	12h15/13h	Confirmées					
12h30	Circuit Minceur	PILATES	C.A.F	Cuisses/Abdos	T.B.C	ZUMBA	Circuit Minceur	BODY BARRE	C.A.F	HATHA YOGA	COACHING SUR						
12h45	Nuria		Julie	Hanches/Fesses	Nuria		Sylviane		Nacima		CIRCUIT TRAINING						
13h	13h/13h45		13h/13h45	Julie	13h/13h45	Laure	13h/13h45	Lydia	13h/13h45	Nacima							
13h15	T.B.C	13h05/13h50	Buste/Dos/Abdos	13h05/13h50	C.A.F	13h05/13h50	Taille/hanches/	13h05/13h50	T.B.C	13h05/13h50							
13h30	Nuria	FIT STEP	Lydia	PILATES	Nuria	BODY SCULPT	Fesses	HATHA YOGA	Lydia	FUN DANCE							
13h45		Cardio/renfo		SWISS BALL													
14h	14h00/17h15		14h00/17h15		14h00/17h15		14h00/17h15		14h00/17h15		14h00/17h15						
14h15																	
14h30		COACHING				COACHING				COACHING			COACHING		COACHING		
14h45																	
15h	SUR		SUR		SUR		SUR		SUR		SUR						
15h15																	
15h30																	
15h45	CIRCUIT		CIRCUIT		CIRCUIT		CIRCUIT		CIRCUIT		CIRCUIT						
16h																	
16h15	TRAINING		TRAINING		TRAINING		TRAINING		TRAINING		TRAINING						
16h30																	
16h45																	
17h	17h30/18h15		17h30/18h15		17h30/18h15		17h30/18h15		17h30/18h15		17h30/18h15						
17h15		Circuit Minceur		Nacima x 2		C.A.F		Lorena x 3		Buste/Dos/Abdos		Nuria x 2	Circuit Minceur	Lorena x 2	Julie		
17h30		Stretch		17h45/18h30		Stretch		17h45/18h30		Stretch		17h45/18h30	Stretch	17h45/18h30	T.B.C	17h45/18h45	
17h45	Sylviane	Cuisses/Abdos	Sylviane	FIT STEP	Sylviane	BODY BARRE	Sylviane	BODY SCULPT	Stretch								
18h		Hanches/Fesses	18h15 / 19h15	Cardio/renfo	18h15 / 19h15		18h15 / 19h15										
18h15	18h15 / 19h15		18h15 / 19h15		18h15 / 19h15		18h15 / 19h15		18h15 / 19h15		PILATES						
18h30	Buste/Dos/Abdos	18h30/19h15	Circuit Minceur	18h30/19h15	T.B.C	18h30/19h15	C.A.F	18h30/19h30	Marie-Hélène	18h45/19h45	STRETCH						
18h45	Stretch	FUN DANCE	Stretch	BODY BARRE	Stretch	Cuisses/Abdos	Stretch	PILATES	18h45/19h45	18h45/19h45							
19h	Sylviane		Sylviane		Sylviane	Hanches/Fesses	Sylviane	SWISS BALL	Taille/hanches/								
19h15	19h15 / 20h15	19h15/20h15	19h15 / 20h15	19h15/20h15	19h15 / 20h15	19h15/20h15	19h15 / 20h15	19h15 / 20h15	Fesses	ZUMBA							
19h30	C.A.F		T.A.F		Postural	BOXE	Dos/abdos		Julie	Marie-Hélène							
19h45	Stretch	HATHA YOGA	Stretch	ZUMBA	Stretch	FEMININE	Stretch										
20h	Nacima	Lydia	Sylviane		Sylviane	Sarah	Sylviane										
20h15																	
20h30																	



Femmes
en
Forme



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EN JAUNE : TOUS LES COURS CARDIO