

PLANNING RENTREE 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		9h30/10h30		9h30/10h30		9h30/10h30		9h30/10h30			
9h45	COACHING		COACHING		COACHING		COACHING		COACHING			
10h	SUR		SUR		SUR		SUR		SUR		10h/11h	
10h15	CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING		COACHING SUR	
10h30	10h30/11h30		10h30/11h30		10h30/11h30		10h30/11h30		10h30/11h30		CIRCUIT	
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		13h/13h45		13h/13h45		13h/13h45			
13h15	T.B.C	13h05/13h50	Buste/Dos/Abdos	13h05/13h50	C.A.F	13h05/13h50	Taille/hanches/	Lydia	T.B.C	Nacima		
13h30	Nuria	FIT STEP	Lydia	PILATES	Nuria	BODY SCULPT	Fesses	13h05/13h50	Lydia	13h05/13h50		
13h45		Cardio/renfo		SWISS BALL				HATHA YOGA		FUN DANCE		
14h	14h00/17h15		14h00/17h15		14h00/17h15		14h00/17h15		14h00/17h15			
14h15												
14h30	COACHING		COACHING		COACHING		COACHING		COACHING			
14h45												
15h												
15h15	SUR		SUR		SUR		SUR		SUR			
15h30												
15h45												
16h	CIRCUIT		CIRCUIT		CIRCUIT		CIRCUIT		CIRCUIT			
16h15												
16h30												
16h45	TRAINING		TRAINING		TRAINING		TRAINING		TRAINING			
17h												
17h15	17h30/18h15		17h30/18h15		17h30/18h15		17h30/18h15		17h30/18h45			
17h30	Circuit Minceur	Nacima x 2	C.A.F	Lorena x 3	Buste/Dos/Abdos	Nuria x 2	Circuit Minceur	Lorena x 2		Julie		
17h45	Stretch	17h45/18h30	Stretch	17h45/18h30	Stretch	17h45/18h30	Stretch	17h45/18h30	T.B.C	17h45/18h45		
18h	Sylviane	Cuisses/Abdos	Sylviane	FIT STEP	Sylviane	BODY BARRE	Sylviane	BODY SCULPT	Stretch			
18h15	18h15 / 19h15	Hanches/Fesses	18h15 / 19h15	Cardio/renfo	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	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



15, rue Fortia
13001 MARSEILLE

Tél : 04.91.31.71.51

E-mail : femmesenforme13001@orange.fr
Site internet : www.femmesenforme-marseille.com

EN JAUNE : TOUS LES COURS CARDIO