

KEEP FIT PROGRAM

SUMMER 23 EDITION



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Session From 9:00am	GYM MINCEUR	MARCHE NATURE		SPINNING BODY WORKOUT PILATES	GYM MINCEUR		
From 10:30am	BUNGY PUMP GYM DOUCE	TENNIS SOCIAL MATCH PILATES	YOGA SOFT	TENNIS SOCIAL MATCH	BUNGY PUMP GYM DOUCE	SPINNING BODY WORKOUT	DJEMBEL
Lunchtime From 11:45am	ÉQUILIBRE AQUAGYM X2	AQUAGYM X3		AQUAGYM AQUABIKE CIRCUIT VÉLO	AQUAGYM AQUABIKE	SQUASH OPEN PRACTICE AQUAGYM	AQUAGYM
From 13:30pm		RENFORCEMENT POSTURAL		STRETCHING			
Afterwork Session From 16:00pm	AQUACARDIO		AQUATONIC			AQUABIKE ZUMBA	TENNIS OPEN PRACTICE AQUABIKE
From 18:30pm	INTERVAL TRAINING AQUAGYM	STRONG NATION	ZUMBA	GYM MINCEUR	SALSATION AQUAGYM		
Evening Session 19:30pm	TENNIS CLUB NIGHT	SQUASH MATCH NIGHT	FLOATFIT	SQUASH SUMMER MATCH PLAY	TENNIS CLUB NIGHT SQUASH CLUB NIGHT	GYM MINCEUR	GYM MINCEUR