

# KEEP FIT PROGRAM



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15	GYM MINCEUR			SPINNING   BODY WORKOUT	GYM MINCEUR		
9:30		GYM TONIC		PILATES 2			
9:45					MARCHE NORDIQUE		
10:00		TENNIS OPEN   PILATES		TENNIS SENIORS			START TO SQUASH JUNIOR
10:30	BUNGY PUMP   GYM DOUCE		YOGA SOFT		BUNGY PUMP   GYM DOUCE	SPINNING BODY WORKOUT	DJEMBEL
11:30						SQUASH TRAINING	SPINNING
11:45	AQUAGYM	AQUAGYM		AQUAGYM	AQUAGYM	LADIES & VETS SQUASH	
12:00	EQUILIBRE	AIKIDO GOLD (MIN 3 PERS)	RENFORCEMENT AQUATIQUE	AIKIDO GOLD (MIN 3 PERS)			
12:30	AQUAGYM	AQUAGYM		AQUABIKE	AQUABIKE   EQUILIBRE		
13:30	AQUA CARDIO	RENFORCEMENT POSTURAL EQUILIBRE		STRETCHING			
17:00			SQUASH PRACTICE TEENAGERS				TENNIS OPEN PRACTICE AQUABIKE
17:15						AQUABIKE	AQUABIKE
17:30					SQUASH PRACTICE TEENAGERS		
18:15				GYM MINCEUR	YOGA FLOW		
18:30		SPINNING   STRONG NATION	ZUMBA   EQUILIBRE LADIES & VETS SQUASH NIGHT	INTENSIVE HIIT TRAINING	SALSATION		
18:45	INTERVAL TRAINING AQUAGYM	AQUAGYM			SQUASH CLUB NIGHT INTENSIVE HIIT TRAINING		
19:00				SPINNING			
19:30	SPINNING					GYM MINCEUR	GYM MINCEUR
20:00		TAI CHI	FLOATFIT				