FIT N'FORME

SAISON 2019-2020

REPRISE DES ACTIVITES LE LUNDI 9 SEPTEMBRE
SAUF PDS GABRIEL-PERI, REPRISE LUNDI 16 SEPTEMBRE.

LUNDI

PDS GABRIEL-PERI			PDS MARCEL-CERDAN		GYMNASE E. SRECKI	GYMNASE M-C RESTOUX	GYMNASE A-DELAUNE
KILLY	CARON	LUTHY	HEBERT	DE HERDT	BESSON	DANSE	BOURDIN
MATIN							
8h30-9h15 AF Céline							
9h15-10h STRETCHING Céline							
10h-11h PILATES Fadela							
11h-12h BODY SCULPT Fadela							
MIDI							
12h15-13h BODY SCULPT Fadela	12-13h QI GONG Graziella		12h-12h45 BODY PUMP Céline	12h30-13h15 ELDOA Claire (1)	12h-12h30 AF Annabel		12h-13h YOGA Marie-Anne
13h-13h30 CARDIO WKT Fadela			12h45-13h30 GRIT Céline		12h30-13h15 STRETCHING Annabel		13h-14h YOGA Marie-Anne
13h30-14h STRETCHING Fadela							
SOIR							
18h-18h45 BODY SCULPT David			18h-18h45 BODY SCULPT Edyta			18h30-19h15 PILATES Fadela	
18h45-19h45 BODY JAM David			18h45-19h15 GRIT Edyta			19h15-20h BODY SCULPT Fadela	
19h45-20h30 FIT POSTURAL David		20h-21h30 CULTURE PHYSIQUE Marie-Ange	19h15-20h BODY ATTACK Edyta			20h-20h45 AF Fadela	
			20h-20h30 STRETCHING Edyta				

MARDI

PDS GABRIEL-PERI		PDS MARCEL-CERDAN		GYMNASE E. SRECKI	GYMNASE M-C RESTOUX	GYMNASE A-DELAUNE
KILLY	CARON	HEBERT	DE HERDT	BESSON	DANSE	BOURDIN
MATIN						
		8h-8h45 BODY SCULPT Christophe				
		8h45-9h15 STRETCHING Christophe				
9h45-10h30 ZUMBA Marie	9h30-10h15 GYM DOUCE Christophe	9h30-10h15 BODY SCULPT Noël				
10h30-11h15 BODY SCULPT Marie	10h15-11h STRETCHING Christophe	10h15-11h PILATES Noël				
11h15-12h STRETCHING Marie		11h-11h45 STRETCHING Noël				
MIDI						
12h15-13h LM TONE Annabel	12h-13h YOGA Marie-Anne	12h-12h45 BODY SCULPT Noël	12h-12h45 PILATES Emanuela	12h15-13h15 SOPHRO-STRETCH Nicole		12h15-13h AF Fadela
13h-13h30 AF Annabel		12h45-13h30 CIRCUIT TRAINING Noël	12h45-13h15 AF Emanuela			13h-13h45 BODY SCULPT Fadela
13h45-14h45 LM BARRE Annabel						
14h45-15h45 FIT POSTURAL Annabel						
SOIR						
17h45-18h30 BODY SCULPT Fadela		18h-18h30 AF Edyta			18h-18h45 FIT POSTURAL Céline	
18h30-19h15 AF Fadela		18h30-19h30 BODY COMBAT Edyta			18h45-19h30 CARDIO WKT Céline	
19h15-20h LIA Fadela		19h30-20h30 BODY PUMP Edyta			19h30-20h30 BODY SCULPT Céline	
20h-20h45 CIRCUIT TRAINING Morgane						
20h45-21h30 FIT POSTURAL Morgane						

MERCREDI

PDS GABRIEL-PERI		PDS MARCEL-CERDAN		GYMNASE E. SRECKI	GYMNASE M-C RESTOUX
KILLY	LUTHY	HEBERT	DE HERDT	BESSON	DANSE
MIDI					
12h-12h45 PILATES Claire		12h15-13h15 BODY PUMP Justine	12h-13h YOGA Maria	12h-12h45 PILATES Amélie	
12h45-13h30 BODY SCULPT Claire		13h15-13h45 STRETCHING Justine		13h-13h45 BODY SCULPT Amélie	
13h30-14h STRETCHING Claire					
SOIR					
18h-18h30 AF Laurent		18h-18h45 GRIT Céline			18h30-19h15 BODY HARMONY Emanuela
18h30-19h15 BODY SCULPT Laurent		18h45-19h15 AF Céline			19h15-20h LM BARRE Emanuela
19h15-20h BODY COMBAT Laurent		19h15-20h15 CARDIO WKT Céline			20h-20h45 PILATES Emanuela
	20h-21h30 CULTURE PHYSIQUE Marie-Ange	20h15-21h15 YOGA Maria			

JEUDI

PDS GABRIEL-PERI			PDS M-CERDAN	GYMNASE E. SRECKI	GYMNASE M-C RESTOUX	GYMNASE A-DELAUNE
KILLY	CARON	LUTHY	HEBERT	BESSON	DANSE	BOURDIN
MATIN						
8h30-9h30 YOGA Marie-Anne						
9h30-10h30 YOGA Marie-Anne			10h15-11h FIT POSTURAL Morgane			
10h30-11h15 BODY SCULPT Amélie			11h-11h45 BODY SCULPT Morgane			
11h15-12h STRETCHING Amélie						
MIDI						
12h-12h45 BODY SCULPT Amélie	12h-13h QI GONG Graziella		12h15-13h BODY COMBAT Justine	12h15-13h GRIT Salim		12h15-13h BODY SCULPT Fadela
12h45-13h30 PILATES Amélie			13h-13h45 AF Justine			13h-13h45 PILATES Fadela
13h30-14h30 YOGA Maria						
14h30-15h15 STEP Annabel						
15h15-16h STRETCHING Annabel						
SOIR						
18h15-18h45 AF Claire						
18h45-19h30 BODY SCULPT Claire			18h30-19h30 ZUMBA Santiago		18h30-19h15 BODY SCULPT Fadela	
19h30-20h15 STRETCHING Claire (2)			19h30-20h30 BODY PUMP Justine		19h15-20h AF Fadela	
		20h-21h30 CULTURE PHYSIQUE Marie-Ange	20h30-21h15 STRETCHING Justine		20h-21h YOGA / STRETCH Fadela	
20h30-22h30 TAIJI QUAN Serge						

VENDREDI

PDS GABRIEL-PERI		PDS MARCEL-CERDAN		GYMNASE E. SRECKI	GYMNASE A-DELAUNE
KILLY	CARON	HEBERT	DE HERDT	BESSON	BOURDIN
MATIN					
8h-8h45 BODY SCULPT Christophe					
8h45-9h15 AF Christophe					
9h15-10h15 BODY HARMONY Emanuela	9h30-10h15 PILATES Christophe				
10h15-11h BODY SCULPT Emanuela	10h15-11h GYM DOUCE Christophe				
11h-12h STRETCHING Emanuela	11h-12h SOPHRO-STRETCH Nicole				
MIDI					
12h-12h30 AF Amélie	12h15-13h15 YOGA Maria	12h-12h30 MOBILITY Nicolas	12h-12h30 AF Christophe	12h15-13h15 YOGA Marie-Anne	
12h30-13h15 BODY SCULPT Amélie		12h30-13h15 CIRCUIT TRAINING Nicolas	12h30-13h15 BODY SCULPT Christophe		
13h15-14h STRETCHING Amélie		13h15-13h45 AF Nicolas	13h15-14h PILATES Christophe		
14h-14h45 BODY SCULPT Amélie					
14h45-15h15 STRETCHING Amélie					
SOIR					
18h-19h FIT POSTURAL Edyta		18h15-18h45 CARDIO WKT Amélie			18h-18h45 YOGA / STRETCH Fadela
19h-20h CARDIO WKT Edyta		18h45-19h30 BODY COMBAT Amélie			18h45-19h30 BODY SCULPT Fadela
20h-21h YOGA Maria		19h30-20h STRETCHING Amélie			

SAMEDI

PDS G-PERI	PDS M-CERDAN	GYMNASE A-DELAUNE
KILLY	HEBERT	PAILLOU
MATIN		
	8h45-9h45 BODY PUMP Edyta	9h-10h CROSS TRAINING Céline
9h15-10h BODY SCULPT Annabel	9h45-10h30 BODY ATTACK Edyta	10h-11h CROSS TRAINING Céline
10h-10h45 STRETCHING Annabel	10h30-11h30 ZUMBA Santiago	11h-12h CROSS TRAINING Céline
10h45-11h30 LM TONE Annabel		
11h30-12h15 LM BARRE Annabel	11h30-12h30 YOGA Marie-Anne	
	12h30-13h MÉDITATION Marie-Anne	
13h30-14h30 YOGA Marie-Anne		
14h30-15h MÉDITATION Marie-Anne		

DIMANCHE

PDS G- PERI	PDS M-CERDAN
KILLY	HEBERT
MATIN	
	9h30-10h15 AF Annabel
10h-10h45 BODY COMBAT Justine	10h15-11h STEP Annabel
10h45-11h15 AF Justine	11h-11h45 LM TONE Annabel
11h15-12h BODY SCULPT Justine	11h45-12h30 STRETCHING Annabel
12h-12h45 FIT POSTURAL Justine	

LÉGENDE

- SENIORS
- BIEN ÊTRE
- RENFORCEMENT
- CARDIO

PDS GABRIEL-PERI REPRISE DES ACTIVITES LE LUNDI 16 SEPTEMBRE

LSC SECTION FIT N'FORME
Palais des Sports Gabriel-Péri
19 bis rue Gabriel-Péri

Secrétariat
01 47 15 76 27
fitness@levallois-sporting-club.fr

Manager
Amélie Degournay
adegournay@levallois-sporting-club.fr

(1) Premier cours à partir du lundi 16 septembre
(2) Le premier jeudi de chaque mois : ELDOA 19h30-20h30
2019 : 3 oct - 7 nov - 5 dec
2020 : 2 jan - 6 fev - 5 mars - 2 avr - 7 mai - 4 juin

02/09/2019