



# Planning ADULTES 2022/2023

## **COMPLEXE LÉO TAVAREZ / GRANDE SALLE**

129 rue de Saint-Gernain, 9524 Cormeilles-en-Parisis

<b>LUNDI</b>		
9.00 - 10.00	<b>LIA</b>	HATEM
10.00 - 11.00	<b>GYM DOUCE</b>	HATEM
11.00 - 12.00	<b>GYM ÉQUILIBRE</b>	GÉRALD
12.00 - 13.00	<b>GYM DOUCE</b>	GÉRALD
14.00 - 15.00	<b>PILATES</b>	GÉRALD
15.00 - 16.00	<b>BODY SCULPT</b>	GÉRALD
16.00 - 17.00	<b>ABDOS / FESSIERS / STRETCHING</b>	GÉRALD
17.00 - 18.00	<b>BODY SCULPT / STRETCHING</b>	HATEM
18.00 - 19.00	<b>BODY MOVE</b>	HATEM
19.00 - 20.00	<b>U BOUND</b>	HATEM
20.00 - 21.00	<b>FIGHT DO (Aéro Boxe)</b>	CHARLES
<b>MARDI</b>		
9.00 - 10.00	<b>STEP</b>	HATEM
10.00 - 11.00	<b>OXIGENO</b>	HATEM
11.30 - 12.30	<b>BODY SCULPT</b>	FLAVIEN
12.30 - 13.30	<b>AFRO BURN</b>	FLAVIEN
14.00 - 15.00	<b>ZUMBA</b>	DAVID
15.00 - 16.00	<b>ABDOS / TAILLE / FESSIERS</b>	DAVID
16.00 - 17.00	<b>SWISS BALL</b>	GÉRALD
17.00 - 18.00	<b>PILATES</b>	GÉRALD
18.00 - 19.00	<b>BODY SCULPT</b>	BEN
19.00 - 20.00	<b>BODY FIGHT</b>	BEN

## COMPLEXE LÉO TAVAREZ / GRANDE SALLE

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MERCREDI		
9.00 - 10.00	POWER (Body Barre)	HATEM
10.00 - 11.00	OXIGENO	HATEM
11.00 - 12.00	STRECHING	HATEM
12.00 - 13.00	PILATES	KARINE
16.00 - 17.00	LIA	HATEM
17.00 - 18.00	BODY SCULPT	HATEM
18.00 - 19.00	ABDOS/FESSIERS/STRETCH	GILLES
19.00 - 20.00	POWER (Body Barre)	CHARLES
20.00 - 21.00	BODY FIGHT	CHARLES
JEUDI		
9.00 - 10.00	BODY SCULPT	KARINE
10.00 - 11.00	OXIGENO	KARINE
11.00 - 12.00	GYM DOUCE	KARINE
12.30 - 13.30	CUISSES/ABDOS/FESSIERS	GILLES
14.00 - 15.00	SWISS BALL	GERALD
15.00 - 16.00	PILATES	GERALD
16.00 - 17.00	ABDOS/TAILLE/FESSIERS	GERALD
17.00 - 18.00	STRETCHING	GERALD
18.00 - 19.00	OXIGENO	CAMILLE
19.00 - 20.00	STEP	CAMILLE
20.00 - 21.00	PILATES Intermédiaire	CAMILLE
VENDREDI		
9.00 - 10.00	BODY SCULPT	CAMILLE
10.00 - 11.00	BODY SCULPT	GERALD
11.00 - 12.00	GYM EQUILIBRE	GERALD
12.00 - 13.00	OXIGENO	GERALD
13.45 - 14.45	ZUMBA	EMILIE
14.45 - 15.45	BODY SCULPT	EMILIE
18.00 - 19.00	BODY SCULPT	AYMERIC
19.00 - 20.00	TABATA	AYMERIC

## COMPLEXE LÉO TAVAREZ / GRANDE SALLE

129 rue de Saint-Gernain, 9524 Cormeilles-en-Parisis

SAMEDI		
9.00 - 10.00	BODY MOVE	HATEM
10.00 - 11.00	LIA	GILLES
11.00 - 12.00	BODY SCULPT	GILLES
14.00 - 15.00	CROSS TRAINING	JONATHAN
15.00 - 16.00	PILATES	JONATHAN
DIMANCHE		
HORAIRES VARIABLES EN MATINEE	COURS VARIES	COACHS DIFFERENTS

## COMPLEXE LÉO TAVAREZ / PETITE SALLE

129 rue de Saint-Gernain, 9524 Cormeilles-en-Parisis

LUNDI		
18.00 - 19.00	BODY SCULPT	CHARLES
19.00 - 20.00	SCULPT POWER STRETCH	CHARLES
20.00 - 21.00	OXIGENO	HATEM
MARDI		
18.00 - 19.00	POWER (Body Barre)	HATEM
19.00 - 20.00	FIGHT DO (Aéro Boxe)	HATEM
MERCREDI		
16.00 - 17.00	SWISS BALL	GERALD
19.00 - 20.00	BODY SCULPT	GILLES
20.00 - 21.00	SWISS BALL	GILLES
JEUDI		
18.30 - 19.30	BODY ZEN	LAURIANE
19.30 - 20.30	BODY YIN	LAURIANE
SAMEDI		
9.00 - 10.00	PILATES	GILLES
10.00 - 11.00	POWER (Body Barre)	HATEM
11.00 - 12.00	OXIGENO	HATEM

## COMPLEXE LÉO TAVAREZ / SALLE DE KARATE

129 rue de Saint-Gernain, 9524 Cormeilles-en-Parisis

LUNDI		
11.00 - 12.30	BODY ZEN	LAURIANE

## COMPLEXE LÉO TAVAREZ / SALLE DE REUNION

129 rue de Saint-Gernain, 9524 Cormeilles-en-Parisis

MARDI		
13.00 - 14.00	AUTO MASSAGE	DAVID
18.00 - 19.30	BODY ZEN	LAURIANE
19.30 - 21.00	BODY ZEN	LAURIANE
VENDREDI		
9.00 - 10.00	SWISS BALL	GERALD
10.00 - 11.00	BODY ZEN	CAMILLE

## LES PIERRES VIVES

29, rue du Noyer de l'Image - 95240 Cormeilles en Parisis

LUNDI		
19.00 - 20.00	STRETCHING MOBILITE	JONATHAN
20.00 - 21.00	PILATES	JONATHAN
21.00 - 22.00	CROSS TRAINING	JONATHAN
MARDI		
19.30 - 20.30	ZUMBA	EMILIE
20.30-21.30	STRETCHING MOBILITE	EMILIE
MERCREDI		
19.00 - 20.00	TABATA	AYMERIC
20.00 - 21.00	CROSS TRAINING	AYMERIC

## SALLE DE BOXE

## ou STADE GASTON FREMONT

9, rue René Couzinet 95240 - Cormeilles en Parisis

4, rte Stratégique - Cormeilles en Parisis

<b>MARDI</b>		
9.00 - 10.00	BODY SCULPT	KARINE
10.00 - 11.00	ABDOS FESSIERS	KARINE
11.00 - 12.00	STRETCHING	KARINE
<b>MERCREDI</b>		
9.30 - 10.30	HIIT (renfo/cardio) en plein air	KARINE
10.30 - 11.30	ABDOS/FESSIERS/STRETCH	KARINE

## GYMNASE ALSACE LORRAINE

57,Bd de Lorraine - 95240 Cormeilles en Parisis

<b>LUNDI</b>		
18.30 - 19.30	AFROVIBE	JEREMY
19.30 - 20.30	AFROVIBE	JEREMY
<b>MERCREDI</b>		
19.30 - 20.30	SALSA CUBAINE débutant	ORIANE / FELIX
20.30 - 21.30	BACHATA inter	ORIANE / FELIX
<b>JEUDI</b>		
19.00 - 20.00	COUNTRY Débutant	ANNE
20.00 - 21.00	COUNTRY Novice/Inter	ANNE
20.00 - 21.01	COUNTRY Novice/inter	ANNE
<b>VENDREDI</b>		
19.30 - 20.30	SALSA CUBAINE 1 intermédiaire	ORIANE / FELIX
20.30 - 21.30	BACHATA Inter 2	ORIANE / FELIX