

PLANNING AMGA FORME & BIEN-ÊTRE JUILLET 2025



Plannings cours collectif



LUNDI 30/06	MARDI 01/07	MERCREDI 02/07	JEUDI 03/07
9H15-10H C.A.F.	9H15-10H BODY SCULPT	9H15-10H CIRCUIT TRAINING	9H15-10H PILATES BALL
	10H-10H30 STRETCHING		
18H15-19H CARDIO PULSE	18H15-19H POWER TRAINING	18H15-19H COMBAT TRAINING	

LUNDI 07/07	MARDI 08/07	MERCREDI 09/07	JEUDI 10/07
9H15-10H BODY SCULPT	9H15-10H POWER TRAINING	9H15-10H CIRCUIT TRAINING	9H15-10H BODY ELASTIQUE
	10H-10H30 STRETCHING		
18H15-19H BODY ENERGY	18H15-19H C.A.F.	18H15-19H PILATES BALL	

LUNDI 14/07 fermé	MARDI 15/07	MERCREDI 16/07	JEUDI 17/07
FERIE	9H15-10H BODY ENERGY	9H15-10H CIRCUIT TRAINING	9H15-10H POWER TRAINING
FERIE	10H-10H30 ABDOS		
FERIE	18H15-19H C.A.F.	18H15-19H COMBAT TRAINING	

LUNDI 21/07	MARDI 22/07	MERCREDI 23/07	JEUDI 24/07
9H15-10H BODY FITNESS	9H15-10H C.A.F.	9H15-10H CIRCUIT TRAINING	9H15-10H PILATES BALL
	10H-10H30 ABDOS		
18H15-19H ENDURANCE (FOOTING)	18H15-19H BODY SCULPT	18H15-19H BODY ELASTIQUE	

LUNDI 28/07	MARDI 29/07	MERCREDI 30/07	JEUDI 31/07
9H15-10H PILATES BALL	9H15-10H BODY SCULPT	9H15-10H CIRCUIT TRAINING	9H15-10H BODY FITNESS
	10H-10H30 STRETCHING		
18H15-19H C.A.F.	18H15-19H POWER TRAINING	18H15-19H COMBAT TRAINING	

Ouverture plateau de musculation du 30 juin au 31 juillet du lundi au jeudi
(fermé le lundi 14 juillet):

LUNDI	MARDI	MERCREDI	JEUDI
PLATEAU MUSCULATION 9H30-13H30	PLATEAU MUSCULATION 9H30-13H30	PLATEAU MUSCULATION 9H30-13H30	PLATEAU MUSCULATION 9H30-13H30
PLATEAU MUSCULATION 17H-19H	PLATEAU MUSCULATION 17H-19H	PLATEAU MUSCULATION 17H-19H	PLATEAU MUSCULATION 17H-19H