

HAPPYFORM'

PLANNING Saison 2025-2026 (Hors vacances scolaires)

LUNDI		MARDI	MERCREDI		JEUDI	VENDREDI	SAMEDI
9h15-10h Body Shape 	9h15-10h Gym Douce 	Marche 1x/ mois 9h-10h30 max	9h15-10h Power Flow 		9h15-10h Gym douce 	9h15-10h Pilates 	2 samedis / mois
10h-10h45 Pilates 	10h15-11h Bike  ATS		10h-10h45 Body Shape 	10h-10h45 Zumba GS-CP  Salle 2	10h-10h45 Zen Attitude 	10h-10h45 Step&Shape 	10h15-11h Aerodance 
			11h-11h45 Zumba Ce1- Ce2 	11h-11h45 Cross kids 4-7 ans  Salle 2			11h-11h45 Trampoline 
		12h30-13h15 Pilates  Salle Dojo Apollo				12h30-13h15 Bike  ATS	
			13h30-14h30 Zumba 3^{ème} / Lycée Salle2				
			14h30-15h15 Zumba CM1 Salle 2				

				15h30-16h15 Zumba CM2/6 ^{ème}			
				16h15-17h15 Zumba 5 ^{ème} /4 ^{ème}			
17h30-18h15 Power Flow 		17h30-18h15 Upper & Strenght 		17h30-18h15 Booty 		17h30-18h15 Cross Teens 8-14 ans  Salle 2	17h30-18h15 Body Shape 
18h15-19h Body Shape 	18h15-19h Training  Salle 2	18h15-19h Fight 	18h30-19h15 Bike  ATS	18h15-19h Zumba 	18h-18h45 Bike  ATS	18h15-19h Body & Booty Shape  Salle 2	18h15-19h Athlétix 
19h-19h45 Step 	19h-19h45 Athlétix  Salle 2	19h-19h45 Pilates 		19h-19h30 Upper & Strenght 		19h15-20h Bike  ATS	19h-19h30 Zen Attitude 
19h45-20h45 Afrovibe 	19h45-20h15 Zen attitude  Salle 2			19h30-20h15 Step 		Les cours de Bike et de Trampoline se font sur réservation au 06.82.59.79.40 ou auprès de Stéphanie	
				20h15- 21h Pilates & Flow 			

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