

**PLANNING 2022**

SOCIÉTÉ DES BAINS DE MER



FAIBLE INTENSITE

MOYENNE INTENSITE

HAUTE INTENSITE

	<b>LUNDI - MONDAY</b>		<b>MARDI - TUESDAY</b>		<b>MERCREDI-WEDNESDAY</b>		<b>JEUDI - THURSDAY</b>		<b>VENDREDI - FRIDAY</b>	
	<b>PISCINE</b>	<b>FITNESS</b>	<b>PISCINE</b>	<b>FITNESS</b>	<b>PISCINE</b>	<b>FITNESS</b>	<b>PISCINE</b>	<b>FITNESS</b>	<b>PISCINE</b>	<b>FITNESS</b>
<b>8H15</b>	AQUA WORK			HIIT 30'+ 15' ABDOS	AQUA ABDOS			CARDIO TRAINING	AQUA BOXING	
<b>9H15</b>	AQUA ABDOS			MOBILITE + RENFO MUSCU	AQUA WORK			PILATES DEB/INTER	AQUA WORK	
<b>10H15</b>	AQUA POSTURAL			PILATES DEB/INTER	AQUA POSTURAL			POSTURAL/ STRETCHING	AQUA POSTURAL	
<b>10H45</b>		RENFO MUSCULAIRE								CUISSES/ ABDOS/FESSIERS
<b>12H45</b>		CARDIO TRAINING	AQUA WORK	RENFO MUSCULAIRE		CUISSES/ ABDOS/FESSIERS	AQUA ABDOS	PILATES INTER		HIIT 30'+ 15' ABDOS
<b>17H30</b>		HIIT 30' + 15' ABDOS	AQUA ABDOS	CARDIO TRAINING		PILATES DEB/ INTER	AQUA POSTURAL			CUISSES/ ABDOS/FESSIERS
<b>18H30</b>		PILATES INTER	AQUA BOXING	MIND MANAGEMENT 30' Gilles		POSTURAL/ STRETCHING	CARDIO TRAINING			RENFO MUSCULAIRE