

# PLANNING 2017



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30-10H15: LesMILLS BODYPUMP	9H30-10H15: CROSS TRAINING	9H30-10H30: BODYSculPT	9H30-10H30: STEP ①	9H30-10H15: LesMILLS BODYPUMP	
10H30-11H15: LesMILLS BODYBALANCE	10H15-10H45: LesMILLS CXWORX	10H30-11H30: LesMILLS BODYBALANCE	10H30-11H15: BIKE	10H30-11H00: LesMILLS CXWORX	10H30-11H00: LesMILLS sprint
10H30-11H00: LesMILLS sprint	10H45-11H15: ABDOS FESSIERS		11H15: CUISSSES ABDOS FESSIERS	11H00-11H30: 100% FESSIERS	11H00-11H30: 100% ABDOS
11H15-12H00: STRETCHING	11H15-12H00: PILATES SWISS BALL	11H30-12H15: PILATES	11H15-11H45: STRETCHING		11H00-12H00: YOGA
12H30-13H15: CUISSSES ABDOS FESSIERS	12H30-13H00: LesMILLS GRIT	12H30-13H15: LesMILLS BODYPUMP	12H30-13H15: LesMILLS BODYBALANCE	12H30-13H00: LesMILLS sprint	
18H00-18H30: LesMILLS CXWORX	18H30-19H15: LesMILLS BODYBALANCE	18H30-19H15: DANCE N'FIT	18H00-18H45: CROSS TRAINING	18H30-19H00: LesMILLS CXWORX	
18H30-19H30: LesMILLS BODYPUMP	18H30-19H00: LesMILLS GRIT	19H15-20H00: YOGA	19H00-19H30: LesMILLS CXWORX	19H00-19H30: LesMILLS GRIT	
18H30-19H00: LesMILLS GRIT	19H30-20H30: LesMILLS BODYPUMP		19H30-20H30: LesMILLS BODYBALANCE	19H30-20H00: LesMILLS sprint	
19H30-20H15: DANCE N'FIT	19H30-20H00: LesMILLS sprint				
20H15: BIKE					

Du Lundi au Vendredi de 8h30 à 21h  
Samedi de 8h30 à 14h



6 RUE DES RESINIERS ZA LES 2 PINS - 40130 CAPBRETON  
capform-gym@orange.fr - 05 58 72 30 01



## COMPLEXE SPORTIF / FITNESS ET AQUA

Planning de janvier à Septembre 2017

6 rue des Résiniers ZA les 2 Pins 05 58 72 30 01  
40130 Capbreton  
f Movipole Capform  
capform-gym@orange.fr

Ouvert du Lundi au Vendredi de 8h30 à 21h

Le Samedi de 8h30 à 14h

Fermé tous les Jedis de 14h à 16h

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9H30-10H15: AQUA SCULPT	9H30-10H15: CIRCUIT TRAINING	9H30-10H15: AQUA BIKE	9H30-10H15: AQUA SCULPT	9H30-10H15: AQUA BIKE
10H30-11H15: AQUA BIKE	10H30-11H15: AQUA SCULPT	10H30-11H15: AQUA SCULPT	10H30-11H15: CIRCUIT TRAINING	10H30-11H15: AQUA TONIC
	12H30-13H15: AQUA BIKE			
18H30-19H15: AQUA SCULPT	19H00-19H45: AQUA BIKE	18H15-19H00: CIRCUIT TRAINING	18H30-19H15: AQUA BIKE	18H00-18H45: AQUA SCULPT
19H30-20H15: AQUA BIKE				

Violet = cours CARDIO

Jaune = cours RENFO

Vert = cours RENFI et CARDIO