



# GVIAP

## Planning Saison 2024 / 2025

|                            | LUNDI                            | MARDI                       | MERCREDI                             | JEUDI                                                  |
|----------------------------|----------------------------------|-----------------------------|--------------------------------------|--------------------------------------------------------|
| MATIN                      |                                  |                             | ENTRETIEN**<br>9H / 10H              |                                                        |
|                            | GYM DOUCE *<br>10h30 / 11H30     | PILATES *<br>10H30/11H30    | ETIREMENTS *<br>10H / 11H            | GYM DOUCE*<br>10H30/11H30                              |
|                            |                                  | YOGA *<br>11H30 / 12H30     |                                      | PILATES*<br>11H30/12H30                                |
| PACK MIDI<br>12H30 A 13H15 | ENTRETIEN **                     | PILATES *                   | TONIQUE ***                          | TONIQUE (HIIT) ***<br>High Intensity Interval Training |
| APRES<br>MIDI              | ETIREMENTS **<br>14H / 15H       | ENTRETIEN **<br>14H / 15H   |                                      | ENTRETIEN**<br>14H / 15H                               |
|                            | FIT BALL **<br>15H / 16H         | LINE DANCE *<br>15H / 16H   |                                      | ETIREMENTS*<br>15H / 16H                               |
|                            |                                  | TAÏ-CHI *<br>16H / 17H      |                                      | BIEN VIEILLIR *<br>16H / 17H30                         |
| SOIR                       |                                  | ETIREMENTS *<br>17H / 18H   |                                      |                                                        |
|                            | FIT DANCE **<br>18H / 19H        | ENTRETIEN **<br>18H30/19H30 |                                      |                                                        |
|                            | TONIQUE ***<br>19H / 20H         | PILATES *<br>19H30/20H30    | CAFETERIA<br>TONIQUE***<br>19H / 20H | PILATES<br>19h / 20H *                                 |
|                            | PILATES / FITNESS *<br>20H / 21H |                             | LIA ***<br>20H / 21H                 | PILATES<br>20H / 21H *                                 |