

Planning Studios Lunaret 2019/2020

| Lundi | | | Mardi | | | Mercredi | | |
|---------------------------------|-------------------------------|--------------------------|-------------------------------|-------------------------------|--------------------------------|-------------------------------|------------------------------|---------------------------------|
| Salle 1 | Salle 2 | Salle 3 | Salle 1 | Salle 2 | Salle 3 | Salle 1 | Salle 2 | Salle 3 |
| 9H30/10H30 B Sculpt/ Stretch | | | 9H30/10H15 Pilates Ball | | | 9h30/10H30 Hatha Yoga | | |
| | | | 10H20/11H05 Abdos Fessiers | | | | | |
| 12H20/13H05 Abdos Fessiers | | | 12H30/13H15 Body Sculpt | | | | 12H30/13H15 Swiss Pilates | |
| | | | | | | 14H/15H Eveil 5/7 ans | | |
| | | | | | | | | 15H/16H Urban 12 et + * |
| | | | | | | | 16H/17H Urban 7/11 ans* | 16H15/17H15 Street jazz Ados |
| 17H30/18H15 Step déb | 17H30/18H15 Abdos fessiers | 17H45/18H30 Hip Hop | 17H30/18H15 Cardio Sculpt | 17H30/18H15 Body Barre | 17H45/18H45 Reggaeton | 17H30/18H15 Abdos Fessiers | 17H30/18H15 Pilates | |
| 18H15/19H Combat T | 18H15/19H Pilates/Dos | 18H30/19H15 Dancehall | 18H15/19H Int Training | 18H15/19H Stretching | 18H45/19H45 Dancehall | 18H15/19H15 Zumba | 18H15/19H15 Hatha Yoga | 18H45/20H Jazz 1 |
| 19H/19H45 Zumba | 19H/19H45 Power Yoga | 19H15/20H30 Jazz 2 | 19H/19H45 Step Int | 19H/19H45 Zumba | 19H45/20H45 Street Jazz | 19H15/20H Int Training | | 20H/21H15 Jazz 3 |
| 19H45//21H15 Afro/Kuduro * | | 20H30/21H45 Jazz 3 | 19H45/20H30 Cross Training | 19H45/20H30 Abdos Fessiers | 20H45/21H45 D.Orientale déb | | | |
| | | | 20H30/21H45 Tango* | 20H30/21H45 Contemporain * | | | | |

| Jeudi | | | vendredi | | | Samedi | | |
|---------------------------------|--------------------------------|-----------------------|-------------------------------|-------------------------------|--|---------------------------|--------------------------|-------------------------------|
| Salle 1 | Salle 2 | Salle 3 | Salle 1 | Salle 2 | Salle 3 | Salle 1 | Salle 2 | Salle 3 |
| 9H30/10H15 Body sculpt | | | | 9H30/10H15 Abdos fessiers | | | 9H45/10H30 Power Yoga | |
| 10H20/11H00 Stretching | | | | 10H20/11H05 Swiss ball | | 10H30/11H15 Zumba | | |
| 12H20/13H05 Circuit training | | | | 12H30/13H15 Abdos fessiers | | 11H15/12H Int Training | | 11H15/12H30 Modern Jazz1-2 |
| 17H30/18H15 Pilates (Ball) | 17H30/18H15 Abdos Fessiers | | 17H30/18H15 Abdos Fessiers | 17H30/18H30 Hatha Yoga | 17H30/18H30 Modern Jazz 8/11 ans | | | |
| 18H15/19H Step Int/ av | 18H15/19H Body Barre | 18H15/19H Zumba | 18H15/19H Int Training | | 18H30/19H30 Modern Jazz Déb | | | |
| 19H/19H45 Cross Training | 19H/19H45 Abdos Fessiers | 19H/20H15 Jazz 2 | 19H/19H45 Zumba | | 19H30/20H45 Modern Jazz1-2 | | | |
| 19H45/21H15 Kizomba/Semba* | 19H45/20H45 Bollywood | 20H15/21H30 Jazz 1 | | | | | | |
| | 20H45/21H45 D.Orientale int | | | | | | | |

Horaires Club :

Lundi au Vendredi 8H30 à 21H45

Samedi 9H30 à 19H

Dimanche 10H à 12H30

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Fb : Les studios Lunaret

Le planning est modifiable pendant les vacances scolaires et jours ou week-end fériés

NOUVEAU : Circuits trainings féminins sur plateau musculation, petits groupes !!!