



# PLANNING KID FITNESS

La salle de sport des enfants de 3 mois à 14 ans

## ADULTES

|                 | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|-----------------|-------|-------|----------|-------|----------|--------|----------|
| Gym maman bébé  |       | 15H15 |          |       | 15H15    |        |          |
| Gym prénatale   |       | 14H15 |          |       | 11H30    |        |          |
| Pilates         |       | 13H15 |          |       |          |        |          |
| CAF             |       |       | 18H30    |       |          |        |          |
| Cardio Training |       |       |          |       | 12H30    |        |          |

## Baby

10/36 mois

|                                | Lundi | Mardi          | Mercredi | Jeudi          | Vendredi       | Samedi | Dimanche |
|--------------------------------|-------|----------------|----------|----------------|----------------|--------|----------|
| Assistante Maternelle          | 16H15 | 10H30<br>16H15 | 10H30    | 10H30<br>17H15 | 10H30<br>16h15 |        |          |
| Baby gym & dance<br>10/36 mois | 16H15 | 10H30<br>16H15 | 10H30    | 10H30<br>17H15 | 10H30<br>16h15 | 09H30  | 09H30    |

## KID

3/5 ans

|                   | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|-------------------|-------|-------|----------|-------|----------|--------|----------|
| Gym & Dance       |       | 17H15 | 09H30    |       |          |        | 10H30    |
| Training & Boxing | 17H15 |       |          |       |          | 10H30  |          |
| Multisports       |       |       | 16H30    | 17H15 |          |        |          |

## JUNIOR

6/10 ans

|                              | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|------------------------------|-------|-------|----------|-------|----------|--------|----------|
| FunFit                       |       |       |          | 18H15 |          |        |          |
| Training & Boxing            |       |       | 14H30    |       |          | 11H30  |          |
| Multisports                  |       |       |          |       | 18H15    |        |          |
| Fit' Family<br>parent/enfant |       | 18H15 |          |       |          |        | 11H30    |
| Pom Pom Girl                 |       |       |          |       | 17H15    |        |          |
| Gym GR                       |       |       | 15H30    |       |          |        |          |

## ado

11/14 ans

|                              | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|------------------------------|-------|-------|----------|-------|----------|--------|----------|
| FunFit                       |       |       |          | 18H15 |          |        |          |
| Training & Boxing            |       |       | 17H30    |       |          | 11H30  |          |
| Fit' Family<br>parent/enfant |       | 18H15 |          |       |          |        | 11H30    |
| Pom Pom Girl                 |       |       |          |       | 17H15    |        |          |
| Gym GR                       | 18H15 |       |          |       |          |        |          |
| Multisports                  |       |       |          |       | 18H15    |        |          |



KID FITNESS - C.ial Lido Marana - Route du Stade - 20600 FURIANI



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