

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
07:00	OUVERTURE 7H						
08:00						OUVERTURE 9H	
09:00							
10:00	10h-11h BODY SCULPT	10h-11h YOGA VINAYASA	10h-11h STRETCH'PILATES	10h-11h BODY SHAPE	10h-11h SWISSBALLS	10h-11h BODY SCULPT	10h-11h T AFC
11:00							
12:00						11h-12h T AFC	11h-12h STRETCHING
13:00	12h15-12h45 FULL BODY	12h30-13h30 T AFC	12h15-12h45 FULL BODY	12h30-13h30 PILATES	12h15-12h45 ABDOS X'PRESS		11h-12h INDOOR CYCLING
14:00						12h30-13h30 YOGA	12h-13h FUN'FIT
15:00	FERMETURE 14H						
16:00	OUVERTURE 16H						
17:00	17h-18h YOGA	17h-18h CARDIO BOXE		17h-18h PILATES		FERMETURE 16H	
18:00	18h-19h BODY SHAPE	18h-19h CORE STABILITY	18h-19h PILATES	18h-19h T AFC	18h-19h YOGA VINAYASA		
	18h15-18h45 FULL BODY	18h15-18h45 ABDOS X'PRESS	18h15-18h45 BOOTCAMP X'PRESS	18h15-18h45 FULL BODY			
19:00	19h-20h ZUMBA	19h-20h BODY SHAPE	19h-20h STEP & SCULPT	19h-20h ZUMBA	19h-20h POWER BOUND*		
	19h-20h INDOOR CYCLING	19h-20h INDOOR CYCLING		19h-20h INDOOR CYCLING			
	19h15-19h45 ABDOS X'PRESS	19h15-19h45 FULL BODY	20h-21h STEP'FUN*	19h15-19h45 ABDOS X'PRESS			
20:00	20h-21h BOOTCAMP	20h-21h PILATES	*NIVEAU MOYEN	20h-21h BOOTCAMP CIRCUIT	FERMETURE 20H30		
21:00	FERMETURE 21H30						
22:00							