

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09:30		Body pump 09:45 10:45				
10:00	Caf 10:00 11:00			Abdos Flash 10:00 10:30	Pilâtes 10:00 11:00	Sh Bam 10:00 11:00
10:30						
11:00		Pilâtes 11:00 12:00				Jump style 1 fois sur 2 11:00 11:55
11:30						Biking 1 fois sur 2 11:00 12:00
12:30	Biking 12:30 13:15	Sh Bam 12:30 13:15	Caf 12:30 13:15	Body Balance 12:30 13:15	Body pump 12:30 13:15	
13:00	Jump style 12:30 13:15				Cross Grit 12:30 13:15	
17:00	Abdos Flash 17:00 17:30					
17:30	Body Balance 17:30 18:15	Caf 17:30 18:15	Cxworx 17:30 18:15	Biking 17:30 18:15	Body attack 17:30 18:15	
18:00	Cross Grit 17:30 18:15	HDC 18:15 19:00	Body attack 18:15 19:10	Body pump 17:30 18:15	Body Balance 18:15 19:10	
18:30	Body pump 18:15 19:10	Biking 18:15 19:15	Cross Grit 18:15 19:10	Cross Grit 18:15 19:10	Jump style 19:15 20:00	
	Biking 18:15 19:15	Cross Grit 19:15 20:00	Biking 19:15 20:00	Piloxing 18:15 19:10		
19:00	Pilâtes 19:15 20:00			Cross Grit 19:15 20:00		
19:30	Zumba Fitness 19:15 20:00					