

	Lundi 12	Mardi 13	Mercredi 14	Jeudi 15	Vendredi 16	Samedi 17
09:30						
10:00						
10:30					STRETCHING	STEP DEBUTANT
11:00	ABDO FLASH STRETCHING					CORE TRAINING
11:30						L.I.A.
12:00						
12:30	OHM YOGA	STEP DEBUTANT		ABDO FLASH		
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30	L.I.A. DEBUTANT					
18:00	CORE TRAINING	CROSS TRAINING		BODY TRAINING EXPRESS	STRETCHING	
18:30	TBC		OHM YOGA	L.I.A.	CROSS TRAINING	
19:00		L.I.A. DEBUTANT		BIKING		
19:30		STEP AVANCE		ABDO FLASH		
20:00						
20:30						