

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9.00	CAF	GYM DOUCE	L SCULPT	PILATES*	ABDOS FESSIERS	
10.00	PILATES*	PILATES*	STRETCHING	GYM DOUCE	STRETCHING	
11.00						RENFO / CARDIO
12.30	L SCULPT	L BOXING	CAF	AFS	L SCULPT	CARDIO VASCULAIRE RENFO MUSCULAIRE ACTIVITÉ DOUCE
15.00			STREET DANCE*			
17.30	STEP	CIRCUIT TRAINING	L SILHOUETTE	CIRCUIT TRAINING	CAF	LUNDI : 8H30 – 21H MARDI : 8H30 – 21H MERCREDI : 8H30 – 21H JEUDI : 8H30 – 21H VENREDI : 8H30 – 20H30 SAMEDI : 10H–13H
18.15	CAF	L SCULPT	STEP 2	ZUMBA®	L BOXING	
19.00	L CARDIO	ZUMBA®	L SCULPT	PILATES*	L SILHOUETTE	
19.45	PILATES*	YOGA*	ZUMBA®	ABDOS FESSIERS COURS À 20H	STRETCHING	
20.45			DANSE COUPLE*	KRAV MAGA*		

*HORS ABONNEMENT

COACH	10.00 – 13.00	9.00 – 13.00	9.00 – 13.30	9.00 – 13.00	10.00 – 13.30
COACH	17.00 – 20.30	19.00 – 20.00		17.00 – 20.30	17.00 – 20.00

