

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
6h	BODY BALANCE	BODY PUMP	BODY COMBAT	SH'BAM	CX WORX BODY BALANCE STRENGHT	BODY BALANCE	BODY PUMP	6h
7h00	BODY COMBAT	CX WORX SH'BAM	RPM	BODY PUMP	SH'BAM	BODY COMBAT	RPM	7h00
8h00	CX WORX SH'BAM	BODY BALANCE	BODY PUMP	RPM	BODY COMBAT	SH'BAM	CX WORX BODY BALANCE FLEX	8h00
9h00	RPM	BODY COMBAT	CX WORX BODY BALANCE FLEX	BODY BALANCE	RPM	BODY PUMP	SH'BAM	9h00
10h00	BODY COMBAT	RPM	BODY COMBAT	BODY PUMP	SH'BAM	RPM	BODY COMBAT	10h00
11h00	BODY BALANCE	SH'BAM	RPM	BODY COMBAT	BODY PUMP	SH'BAM	RPM	11h00
12h00	BODY PUMP	BODY BALANCE FLEX CX WORX	SH'BAM	CX WORX BODY BALANCE STRENGHT	RPM	BODY BALANCE FLEX CX WORX	BODY PUMP	12h00
13h00	RPM	BODY PUMP	BODY BALANCE	SH'BAM	CX WORX BODY BALANCE FLEX	BODY COMBAT	BODY BALANCE	13h00
14h00	BODY BALANCE FLEX CX WORX	BODY BALANCE	BODY PUMP	RPM	SH'BAM	BODY PUMP	BODY COMBAT	14h00
15h00	SH'BAM	CX WORX BODY BALANCE STRENGHT	BODY COMBAT	BODY BALANCE	BODY PUMP	RPM	SH'BAM	15h00
16h00	BODY COMBAT	RPM	CX WORX BODY BALANCE FLEX	BODY PUMP	BODY COMBAT	BODY BALANCE STRENGHT CX WORX	BODY PUMP	16h00
17h00	CX WORX BODY BALANCE STRENGHT	BODY PUMP	RPM	SH'BAM	RPM	BODY COMBAT	RPM	17h00
18h00	RPM	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY BALANCE	SH'BAM	CX WORX BODY BALANCE STRENGHT	18h00
19h00	BODY COMBAT	RPM	SH'BAM	RPM	SH'BAM	BODY PUMP	SH'BAM	19h00
20h00	CX WORX BODY BALANCE FLEX	SH'BAM	BODY COMBAT	SH'BAM	BODY PUMP	BODY BALANCE	BODY COMBAT	20h00
21h00	RPM	BODY COMBAT	BODY PUMP	CX WORX BODY BALANCE FLEX	BODY BALANCE	BODY COMBAT	RPM	21h00
22h00	BODY PUMP	RPM	SH'BAM	BODY COMBAT	RPM CX WORX	RPM	BODY PUMP	22h00