

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche	
6h30	ABDOS PUR	STRETCHING	PILATES	POWER BARRE	STEP 1	AEROBIC	ABDOS FESSIERS	6h30
7h00	ABDOS FESSIERS	CYCLING	DANCE	STRETCHING	BODY SCULPT	ABDOS FESSIERS	STEP 2	7h00
7h30	POWER BARRE	STEP 1	ABDOS FESSIERS	CYCLING	PILATES	ABDOS PUR	DANCE	7h30
8h00	STRETCHING	BODY SCULPT	STEP 1	AEROBIC	DANCE	PILATES	STEP 2	8h00
8h30	CYCLING	PILATES	POWER BARRE	ABDOS PUR	STEP 2	CYCLING	STEP 2	8h30
9h00	STEP 1	DANCE	STRETCHING	STEP 2	AEROBIC	STEP 2	STEP 2	9h00
9h30	BODY SCULPT	STEP 2	ABDOS PUR	ABDOS FESSIERS	POWER BARRE	POWER BARRE	STEP 1	9h30
10h00	PILATES	ABDOS PUR	CYCLING	DANCE	BODY SCULPT	BODY SCULPT	STEP 1	10h00
10h30	DANCE	AEROBIC	BODY SCULPT	ABDOS PUR	ABDOS FESSIERS	DANCE	CYCLING	10h30
11h00	STEP 2	PILATES	STEP 2	BODY SCULPT	STEP 2	STRETCHING	ABDOS PUR	11h00
11h30	ABDOS PUR	ABDOS FESSIERS	AEROBIC	POWER BARRE	STEP 2	POWER BARRE	STEP 1	11h30
12h00	DANCE	STEP 1	DANCE	STEP 1	BODY SCULPT	AEROBIC	DANCE	12h00
12h30	AEROBIC	BODY SCULPT	ABDOS FESSIERS	CYCLING	STEP 2	STEP 1	STEP 1	12h30
13h00	STEP 2	ABDOS PUR	PILATES	POWER BARRE	STEP 2	POWER BARRE	POWER BARRE	13h00
13h30	ABDOS PUR	STRETCHING	AEROBIC	STEP 2	STEP 2	STEP 1	STEP 1	13h30
14h00	AEROBIC	CYCLING	STEP 2	PILATES	BODY SCULPT	AEROBIC	DANCE	14h00
14h30	ABDOS FESSIERS	STEP 1	DANCE	STEP 1	STEP 1	AEROBIC	DANCE	14h30
15h00	STRETCHING	BODY SCULPT	ABDOS FESSIERS	CYCLING	PILATES	ABDOS PUR	ABDOS FESSIERS	15h00
15h30	CYCLING	DANCE	POWER BARRE	STRETCHING	DANCE	STEP 2	STRETCHING	15h30
16h00	STEP 1	PILATES	STEP 2	AEROBIC	ABDOS PUR	PILATES	BODY SCULPT	16h00
16h30	BODY SCULPT	POWER BARRE	ABDOS PUR	ABDOS FESSIERS	POWER BARRE	CYCLING	AEROBIC	16h30
17h00	DANCE	STEP 2	CYCLING	POWER BARRE	AEROBIC	DANCE	STEP 2	17h00
17h30	STEP 1	STEP 2	BODY SCULPT	ABDOS PUR	ABDOS PUR	PILATES	BODY SCULPT	17h30
18h00	BODY SCULPT	PILATES	STRETCHING	AEROBIC	POWER BARRE	CYCLING	AEROBIC	18h00
18h30	POWER BARRE	ABDOS PUR	ABDOS FESSIERS	ABDOS FESSIERS	POWER BARRE	CYCLING	AEROBIC	18h30
19h00	DANCE	POWER BARRE	CYCLING	POWER BARRE	AEROBIC	DANCE	STEP 2	19h00
19h30	STEP 2	STEP 2	CYCLING	POWER BARRE	AEROBIC	DANCE	STEP 2	19h30
20h00	PILATES	STEP 2	BODY SCULPT	ABDOS PUR	CYCLING	AEROBIC	PILATES	20h00
20h30	POWER BARRE	ABDOS PUR	BODY SCULPT	DANCE	STEP 1	BODY SCULPT	CYCLING	20h30
21h00	ABDOS FESSIERS	ABDOS FESSIERS	PILATES	DANCE	STEP 1	BODY SCULPT	CYCLING	21h00
21h30	STEP 2	AEROBIC	STEP 1	BODY SCULPT	ABDOS FESSIERS	BODY SCULPT	POWER BARRE	21h30
22h00	STEP 2	AEROBIC	ABDOS FESSIERS	BODY SCULPT	PILATES	ABDOS PUR	POWER BARRE	22h00