LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE
ATELIERS	SEESIONS	ATELIERS	SESSIONS	ATELIERS	SEESIONS	ATELIERS	SESSIONS	ATELIERS	SEESIONS	ATELIERS	SESSIONS	ATELIERS
		7H45/8H30 ATELIER HIIT /LUIZA		7H45/8H45 ATELIER STRETCHING POSTURAL /ADJIA		7H45/8H30 ATELIER CAF /LUIZA						
		8H45/9H45 HATHA YOGA /DELPHINE				8H45/9H30 MAT PILATES /MAILY		8H45/9H30 ATELIER PILATES &STRETCH /LUIZA				
9H/9H45 ATELIER HIP HOP YOGA /AURELIE										9H/9H45 ATELIER HIIT /LUIZA		
					10H15/10H45 FLASH ABDOS FESSIERS						10h/10H30 FLASH ABDOS FESSIERS LUIZA	9H45/10H45 ATELIER BARRE AU SOL /KEIKO
												11H/12H30 ATELIER YOGA DES HORMONES /DELPHINE
	12H15/12H45 CIRCUIT FULL BODY		12H15/12H45 CIRCUIT BRAS		12H15/12H45 CIRCUIT FULL BODY		12H15/12H45 CIRCUIT BRAS		12H15/12H45 CIRCUIT CARDIO BURN			
	12H45/13H15 CIRCUIT CARDIO		12H45/13H15 FLASH ABDOS FESSIERS		12H45/13H15 CIRCUIT CARDIO		12H45/13H15 FLASH ABDOS FESSIERS		12H45/13H15 SESSION ZUMBA			
	13H15/13H45 FLASH ABDOS FESSIERS		13H15/13H45 CIRCUIT CARDIO		13H15/13H45 FLASH ABDOS FESSIERS							
										14H/14H45 PILATES BALL LUIZA		
												15H/19H STAGES
	18H15/18H45 FLASH ABDOS FESSIERS		18H15/18H45 CIRCUIT CUISSES FESSIERS		18H15/18H45 FLASH ABDOS FESSIERS		18H15/18H45 CIRCUIT CUISSES FESSIERS		18H15/18H45 CIRCUIT CARDIO			
	18H45/19H15 CIRCUIT CARDIO		18H45/19H15 FLASH ABDOS FESSIERS		18H45/19H15 CIRCUIT CARDIO		18H45/19H15 SESSION ZUMBA					
	19H15/19H45 CIRCUIT CARDIO		19H15/19H45 CIRCUIT CARDIO		19H15/19H45 SESSION ZUMBA		19H15/19H45 CIRCUIT CARDIO					
20H/20H45 ATELIER HIIT /ROVA		20H/20H45 ATELIER CAF/EDWY		20H/20H45 ATELIER CAF /LUIZA		20H/20H45 ATELIER CAF /LUIZA						