

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 09:30	Fermé	Inscription & bilan & coaching / suivi plateau 7:30 – 8:00 & 8:45 – 9:30			Fermé
		Full Body 08:00 – 08:45	Gym posturale 08:00 – 8:45	CAF 08:00 – 08:45	
11:30 14:30	Inscription & bilan & coaching/suivi plateau 11:30 – 12:15 & 13:45 – 14:30				
	Spécial dos 12:15 – 13:00	Pilâtes 12:15 – 13:00	Body Barre 12:00 – 12:45	Circuit Training 12:15 – 13:00	HIIT 12:15 – 13:00
	HIIT 13:15 – 13:45	100% Abdos 13:15 – 13:45	Yoga 13:00 – 14:00	Gym posturale 13:15 – 13:45	Spécial dos 13:15 – 13:45
17:30 20:30	Inscription & bilan & coaching/suivi plateau 17:30 – 18:00 & 19:45 – 20:30				
	Circuit Training 18:00 – 18:45	HIIT 18:00 – 18:45	Stretching 18:00 – 18:45	Body Barre 18:00 – 18:45	Fermé
	100% Abdos 19:00 – 19:45	Coaching 19:00 – 20:00	Full body 19:00 – 19:45	Stretching 19:00 – 19:45	