

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					9:00-09:30 TRX	
9:15-10:00 Body sculpt	9:30-10:15 Body sculpt	9:30-10:15 Swiss ball	9:15-10:00 Dance fit	9:30-10:15 Zumba	9:30-10:15 Step inter	
10:00-10:30 Cardio combat	10:15-10:45 Abdos fessiers	10:15-10:45 Abdos fessiers	10:00-10:30 Abdos fessiers	10:15-11:00 Caf	10:15-11:00 Caf	10:00-10:30 Body sculpt
10:30-11:15 Body sculpt	10:45-11:30 Pilates	10:45-11:30 Body balance	10:30-11:30 Yoga			10:30-11:00 Abdos fessiers
11:15-11:45 Stretching				11:00-11:45 Stretching	11:00-11:45 Pilates flow	11:00-12:00 Cardio
						12:00-12:45 Stretching
18:15-19:00 Caf	18:00-18:30 Abdos fessiers	18:00-18:45 Caf cardio	18:00-18:30 Body balance Force et gainage	18:00-18:45 Body sculpt		
19:00-19:45 Zumba	18:30-19:00 Step débutant	18:45-19:30 Body barre	18:30-19:15 Dance fit	18:45-19:45 Cardio combat		
19:45-20:30 Body sculpt	19:00-19:45 Body sculpt	19:30-20:30 Cardio combat	19:15-19:30 Abdos Express	19:45-20:45 Yoga		
20:30-21:15 Pilates	19:45-20:30 Lia	20:30-21:00 Abdos fessiers	19:30-20:15 Step inter			
	20:30-21:15 Body balance		20:15-21:00 Caf cardio			
	20:45-21:15 TRX					

Les plannings sont susceptibles d'évoluer.