

lundi	mardi	mercredi	jeudi	vendredi	samedi
	11H30 CAF		11H30 PILATES		9H30 MAMAN/ BEBE
	12H30 CROSS TRAINING		12H30 ZUMBA SCULPT	12H30 PILATES	10H15 G-CARDIO
		16H45 ZUMBA ENFANT			10H45 PUMP
17H SWISS BALL					11H30 PILATES
17H30 CAF		17H30 BODY SCULPT	17H30 PILOXING		
BOXING*					
18H15 G-CARDIO	18H STEP CARDIO	18H15	18H15 PUMP	18H	
STEP CHORE 1	CROSS TRAINING*	STEP CHORE 2	PILATES	CROSS TRAINING*	
18H45 PILOXING	18H45	19H	19H ZUMBA	18H30	
BIKE	PUMP	PILATES/RELAXATION	BIKE	SWISS BALL	
19H30 ZUMBA SCULPT	19H30		19H45 STEP CARDIO	19H	
CROSS TRAINING*	BIKE		BOXING*	CAF	
20H15	20H15		20H15		
BIKE	BOXING*		BODY SCULPT		

CODE COULEUR :

... Cours **CARDIO**

... Cours **RENFO**

... Cours **MIXTE**

... **GYM DOUCE**

*SMALL GROUP
(10 personnes Max)