

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>Tôt</b>						
07h45 (45') <b>Body Pump</b>	07h45 (45') <b>TRX Blast</b>	07h45 (45') <b>Cycling</b>	07h45 (45') <b>CAF</b>	07h45 (45') <b>Body Pump</b>		
<b>Matin</b>						
09h00 (60') <b>Basic Forme</b>	09h00 (30') <b>Abdos Fessiers</b>	09h00 (45') <b>Basic Forme</b>	09h00 (45') <b>Stretching</b>	09h00 (45') <b>Basic Forme</b>	09h15 (45') <b>TRX Blast</b>	
10h00 (60') <b>Stretching</b>	09h30 (45') <b>Stretching</b>	09h45 (15') <b>Abdos Express</b>	09h45 (15') <b>Abdos Express</b>	09h45 (15') <b>Abdos Express</b>	09h45 (60') <b>Power Sculpt</b>	
11h45 (45') <b>TRX Blast</b>	10h30 (60') <b>Silver Tonic</b>	10h00 (60') <b>Body Balance</b>	10h00 (45') <b>Basic Forme</b>	10h00 (45') <b>Stretching</b>	10h15 (60') <b>Body Pump</b>	
				11h45 (45') <b>TRX Blast</b>	10h45 (30') <b>Abdos Fessiers</b>	
					11h15 (45') <b>Sh'Bam</b>	
					11h15 (30') <b>Cx Worx</b>	
					11h45 (45') <b>Stretching</b>	
					11h45 (45') <b>Cycling</b>	
<b>Midi</b>						
12h15 (45') <b>Cycling</b>	12h15 (60') <b>Body Balance</b>	12h15 (60') <b>Body Pump</b>	12h15 (45') <b>CAF</b>	12h15 (60') <b>Strala Yoga</b>	12h15 (60') <b>Zumba Fitness</b>	
12h30 (60') <b>Body Combat</b>	12h30 (60') <b>Body Pump</b>	12h30 (60') <b>Power Sculpt</b>	12h30 (45') <b>TRX Blast</b>	12h30 (60') <b>Body Attack</b>	12h45 (45') <b>CAF</b>	
13h00 (45') <b>Stretching</b>			13h00 (45') <b>Stretching</b>		13h15 (60') <b>Body Combat</b>	
					13h45 (60') <b>Body Balance</b>	
<b>Après-midi</b>						
17h00 (60') <b>Sophrologie</b>	14h00 (90') <b>Yoga (Hatha)</b>	15h30 (90') <b>Danse Orientale</b>	14h30 (90') <b>Yoga (Hatha)</b>	17h00 (60') <b>Pilates sculpt</b>	14h15 (60') <b>Body Pump</b>	
17h30 (60') <b>Power Sculpt</b>	17h00 (60') <b>Strala Yoga</b>	17h00 (60') <b>Diet &amp; Train</b>	17h30 (45') <b>CAF</b>	17h30 (60') <b>Body Pump</b>	14h45 (30') <b>Abdos Fessiers</b>	
	17h30 (60') <b>Hip Hop</b>	17h30 (45') <b>Spartan Outdoor</b>			15h15 (45') <b>Stretching</b>	
					15h15 (90') <b>Modern' Jazz</b>	
					17h00 (90') <b>Hip Hop</b>	
<b>Soir</b>						
18h00 (60') <b>Body Balance</b>	18h00 (60') <b>Power Sculpt</b>	18h00 (30') <b>Cx Worx</b>	18h00 (60') <b>Power Sculpt</b>	18h00 (30') <b>Abdos Fessiers</b>		
18h30 (45') <b>TRX Blast</b>	18h30 (60') <b>Body Pump</b>	18h30 (30') <b>Stretching</b>	18h30 (60') <b>Body Pump</b>	18h30 (30') <b>Cx Worx</b>		
18h30 (45') <b>Cycling</b>	19h00 (30') <b>Cx Worx</b>	18h30 (60') <b>Power Sculpt</b>	19h00 (30') <b>Stretching</b>	18h30 (45') <b>Sh'Bam</b>		
19h00 (30') <b>Abdos Fessiers</b>	19h30 (60') <b>Zumba Fitness</b>	19h00 (45') <b>CAF</b>	19h30 (60') <b>Zumba Fitness</b>	19h00 (60') <b>Power Sculpt</b>		
19h30 (60') <b>Body Jam</b>	19h30 (30') <b>Stretching</b>	19h00 (45') <b>Cycling</b>	19h30 (45') <b>Cycling</b>	19h00 (45') <b>Cycling</b>		
19h30 (30') <b>Stretching</b>	20h00 (90') <b>Danse Orientale</b>	19h30 (60') <b>Body Combat</b>	19h30 (30') <b>Cx Worx</b>	19h30 (60') <b>Zumba Fitness</b>		
20h00 (75') <b>Modern' Jazz</b>	20h00 (45') <b>Cycling</b>	20h00 (60') <b>Power Sculpt</b>	20h00 (60') <b>Body Balance</b>	20h00 (75') <b>Modern' Jazz</b>		
20h00 (45') <b>Cycling</b>	20h30 (60') <b>Body Attack</b>	20h30 (60') <b>Body Pump</b>	20h30 (60') <b>Body Jam</b>	20h30 (45') <b>Spartan Ready</b>		
20h30 (60') <b>Body Combat</b>						
21h30 (60') <b>Body Pump</b>						
21h30 (60') <b>Sexy Bad Girl</b>						

Arrêt des activités 30 min avant la fermeture du club

- | Cardio
- | Danse
- | Force
- | Mouvement
- | Tendence