

LUNDI **MARDI** **MERCREDI** **JEUDI** **VENDREDI** **SAMEDI** **DIMANCHE**

Tôt

 08h00 (45') CAF	 08h00 (45') Power Sculpt	 08h00 (60') Body Pump	 08h00 (30') Abdos Fessiers  08h30 (30') Stretching	 08h00 (45') Power Sculpt
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Matin

 09h00 (60') Basic Forme	 09h00 (45') Stretching	 09h00 (60') Basic Forme	 09h00 (60') Body Balance	 09h00 (45') CAF	 09h00 (75') Yoga (Hatha)
 10h00 (45') Stretching	 10h00 (60') Basic Forme	 10h00 (30') Stretching	 10h00 (45') CAF	 10h00 (45') Stretching	 09h00 (60') Power Sculpt
 10h30 (60') Body Pump	 10h30 (90') Tai Chi Chuan	 10h30 (30') Abdos Express	 11h00 (45') Stretching	 10h45 (15') Abdos Express	 10h00 (30') Abdos Fessiers
	 11h00 (30') Abdos Fessiers	 11h00 (60') Body Balance		 11h00 (60') Basic Forme	 10h30 (45') Stretching
					 10h30 (30') Abdos Fessiers
					 11h00 (60') Body Pump
					 11h15 (15') Abdos Express
					 11h30 (60') Power Sculpt

Midi

 12h15 (45') Body Attack	 12h15 (45') Body Balance	 12h15 (45') Power Sculpt	 12h15 (45') Zumba Fitness	 12h15 (60') Body Pump	 12h00 (60') Boxe & Rope
 12h30 (60') Pilates sculpt	 12h30 (60') Body Pump	 12h30 (45') Strala Yoga	 12h30 (45') Power Sculpt	 12h30 (45') Power Sculpt	 12h30 (60') Body Balance
 13h00 (30') Abdos Fessiers	 13h00 (45') Power Sculpt	 13h00 (30') Abdos Fessiers	 13h00 (30') Abdos Fessiers	 13h15 (30') Stretching	 13h00 (60') Power Sculpt
		 13h15 (30') Stretching	 13h15 (45') Body Balance		 13h30 (60') Tai Chi Chuan

Après-midi

 17h30 (30') Abdos Fessiers	 17h00 (60') Yoga (Hatha)	 17h30 (60') Body Balance	 17h30 (30') Abdos Fessiers	 17h00 (60') Pilates sculpt	 14h00 (30') Abdos Fessiers
 17h30 (60') Body Pump	 17h30 (45') Boxe & Rope		 17h30 (45') Spartan Ready	 17h30 (45') Power Sculpt	 14h30 (45') Stretching

Soir

 18h00 (60') Power Sculpt	 18h00 (60') Body Balance	 18h00 (60') Body Pump	 18h00 (60') Body Balance	 18h00 (60') Body Attack
 18h30 (30') Stretching	 18h15 (15') Abdos Express	 18h30 (60') Power Sculpt	 18h30 (60') Body Pump	 18h15 (15') Abdos Express
 19h00 (60') L.I.A.	 18h30 (30') Stretching	 19h00 (60') Body Jam	 19h00 (45') Power Sculpt	 18h30 (60') Zumba Fitness
 19h00 (30') Abdos Fessiers	 19h00 (30') Abdos Fessiers	 19h30 (60') Strala Yoga	 19h30 (60') Body Jam	 19h00 (60') Body Pump
 19h30 (30') Stretching	 19h00 (60') Body Attack	 20h00 (90') Modern' Jazz	 19h45 (15') Abdos Express	 19h30 (90') Modern' Jazz
 20h00 (75') Modern' Jazz	 19h30 (60') Salsa ^d	 20h30 (30') Abdos Fessiers	 20h00 (30') Stretching	 20h00 (30') Stretching
 20h00 (60') Body Jam	 20h00 (60') Body Pump		 20h30 (45') Power Sculpt	
	 20h30 (60') Salsa ⁱ			

Arrêt des activités 30 min
avant la fermeture du club

d Débutant
i Intermédiaire

 Cardio
 Danse
 Force
 Mouvement
 Tendance