

**LUNDI                      MARDI                      MERCREDI                      JEUDI                      VENDREDI                      SAMEDI                      DIMANCHE**

**Tôt**

07h45 (45') **Body Pump**                      07h45 (45') **Power Sculpt**                      07h45 (45') **Cycling**                      07h45 (45') **Power Sculpt**                      07h45 (45') **Body Pump**

**Matin**

09h00 (60') **Basic Forme**                      09h00 (60') **Body Balance**                      09h00 (60') **Body Pump**                      09h00 (30') **Abdos Fessiers**                      09h00 (60') **Basic Forme**                      09h15 (60') **CAF**                      09h15 (60') **Power Sculpt**  
10h00 (45') **Stretching**                      10h00 (45') **CAF**                      10h00 (60') **Body Balance**                      09h30 (60') **Basic Forme**                      10h00 (45') **Stretching**                      10h15 (60') **Body Balance**                      10h15 (45') **CAF**  
10h30 (30') **Stretching**                      11h15 (60') **Power Sculpt**                      11h15 (60') **Body Pump**  
11h30 (45') **Cycling**

**Midi**

12h15 (45') **Body Pump**                      12h15 (45') **Zumba Fitness**                      12h15 (45') **Body Combat**                      12h15 (45') **CAF**                      12h15 (45') **Body Attack**                      12h15 (60') **Body Pump**                      12h15 (60') **Body Combat**  
12h30 (45') **Cycling**                      13h00 (45') **Body Balance**                      12h30 (45') **Cycling**                      13h00 (45') **Body Pump**                      12h30 (45') **Cycling**                      13h45 (45') **Cycling**                      13h15 (60') **Body Attack**  
13h00 (45') **Stretching**                      13h15 (30') **Cycling**                      13h00 (45') **Power Sculpt**                      13h15 (30') **Cycling**                      13h00 (45') **Strala Yoga**                      13h45 (60') **Zumba Fitness**

**Après-midi**

14h45 (45') **Power Sculpt**  
15h30 (15') **Abdos Express**  
15h45 (30') **Stretching**

**Soir**

18h00 (45') **Power Sculpt**                      18h00 (60') **Body Balance**                      18h00 (45') **Spartan Outdoor**                      18h00 (45') **Power Sculpt**                      18h00 (60') **Body Pump**  
18h30 (45') **Cycling**                      18h30 (45') **Running Outdoor**                      18h30 (45') **Cycling**                      18h45 (15') **Abdos Express**                      18h30 (45') **Cycling**  
18h45 (15') **Abdos Express**                      19h00 (30') **Abdos Fessiers**                      18h45 (15') **Abdos Express**                      19h00 (60') **Body Combat**                      19h00 (60') **Zumba Fitness**  
19h00 (60') **Body Jam**                      19h30 (60') **Body Pump**                      19h00 (60') **Body Attack**                      19h30 (45') **Cycling**                      20h00 (30') **Abdos Fessiers**  
19h30 (30') **Cycling**                      20h00 (45') **Cycling**                      19h30 (30') **Cycling**                      20h00 (60') **Body Jam**  
20h00 (60') **Body Pump**                      20h30 (45') **Power Sculpt**                      20h00 (60') **Body Balance**

Arrêt des activités 30 min avant la fermeture du club

Cardio  
Force  
Mouvement  
Tendance