

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h30	Gym essentiel	Yoga (1h)	FAC	Pilates	Atelier coaching	
10h15	Stretch		Stretch	Ellatelier	Pilates	
10h30		Ellatraining				
11h	Gym douce				Yoga chinois	Afro latin jam
12h30	Pilates	Gym essentiel	Zumba Step	Pilates	Ellatraining	
17h30	FAC	Ellatraining	Gym essentiel	Atelier coaching		
18h15	Pilates	Step	Stretch	Pilates	Yoga	
19h00	Zumba Step	<u>Pilates</u> Pilates débutant	Cardio boxe	<u>Ellatelier</u> Ellatraining		
19h15					Yoga chinois	
19h45	Pilates débutant	Atelier coaching	FAC	Step 2		
20h						