



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Tôt						
07h15 (45') Body Pump	07h15 (45') Cycling	07h15 (45') Body Pump	07h15 (45') Cycling	07h15 (45') CAF		
Matin						
09h30 (45') Basic Forme	09h30 (45') CAF	09h30 (45') Stretching	09h30 (45') Basic Forme		09h30 (60') Body Pump 10h00 (45') Cycling 10h30 (30') Abdos Fessiers 11h00 (60') Body Combat 11h30 (45') Cycling	09h30 (60') Body Balance 10h00 (45') Cycling 10h30 (30') Abdos Fessiers 11h00 (60') Power Sculpt
Midi						
12h15 (45') Body Pump	12h15 (30') GRIT Force	12h15 (30') TRX Training	12h15 (30') GRIT Force	12h15 (45') Body Pump	12h00 (60') Body Pump	12h00 (60') Body Combat
12h15 (30') GRIT Force	12h15 (45') Power Sculpt	12h15 (45') Body Attack	12h15 (45') Body Combat	12h15 (30') SYNRGY	13h00 (60') Body Attack	12h30 (45') Cycling
12h30 (45') Cycling	12h30 (45') Cycling	12h30 (45') Cycling	12h30 (45') Cycling	12h30 (45') Cycling		13h00 (60') Body Pump
13h00 (45') Strala Yoga	13h00 (45') Body Pump	13h00 (45') Body Balance	13h00 (45') Body Pump	13h00 (45') Spartan Ready		
Après-midi						
17h15 (60') Body Balance	17h15 (45') Power Sculpt	16h00 (60') Sophrologie 17h15 (60') Body Pump	17h15 (45') CAF	17h15 (45') Power Sculpt	14h00 (60') Power S. Outdoor 15h00 (60') Zumba Fitness 15h30 (45') Cycling 16h00 (60') Body Balance	14h00 (30') Stretching
Soir						
18h15 (60') Body Pump	18h15 (60') Body Balance	18h15 (60') Power Sculpt	18h15 (60') Body Attack	18h15 (60') Body Pump		
18h45 (45') TRX Training	18h45 (45') Cycling	18h45 (45') Cycling	18h45 (45') Cycling	18h45 (45') SYNRGY		
18h45 (45') Cycling	19h15 (60') Body Pump	19h15 (60') Body Combat	19h15 (60') Body Pump	19h15 (60') Body Balance		
19h15 (60') Body Attack	19h45 (45') SYNRGY	19h45 (45') Cycling	19h45 (45') GRIT Force	19h45 (45') Cycling		
19h45 (45') Cycling	20h15 (60') Body Combat	20h15 (60') Body Pump	20h15 (45') Stretching	20h15 (30') Abdos Fessiers		
20h15 (60') Zumba Fitness	20h45 (30') Cycling	20h45 (45') GRIT Force	20h45 (30') Cycling			

Arrêt des activités 30 min avant la fermeture du club

- Training
- Cardio
- Force
- Mouvement
- Tendance