



	LUNDI		MARDI	MERCREDI	JEUDI		VENDREDI	SAMEDI
9H30	 YOGA		 PILATES	 CAF	 YOGA		 PILATES	BODY SCULPT - 9H 
10H30	 CAF		 ZUMBA	STRETCHING	 STEP DÉBUTANT		 BIKING	BIKING - 9H45
								CROSS T- 10H30
12H30	 BIKING		 CROSS TRAINING	 PILATES	 BODY SCULPT		 CAF	
17H30	 CAF		 FULL CARDIO	 BODY SCULPT	BIKING	STEP DÉBUTANT	 CARDIO BOXE	
18H30	BIKING	ZUMBA	 BODY SCULPT	 CROSS TRAINING	 ZUMBA		 PILATES	
19H30	 STRONG		 BIKING	 PILATES	 STEP INTERMÉDIAIRE			