

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	100% Abdos 08:00 – 08:30	Body Barre 08:00 – 08:45	Interval Training 08:00 – 08:45	Stretching 08:00 – 08:45	Body Sculpt 08:00 – 08:45
	Accueil, Informations, Conseils				
7:30	HiIT 12:15 – 13:00	Yoga 12:15 – 13:15	Body Barre 12:15 – 13:00	Cuisses-Fessiers 12:10 – 12:50	Pilates 12:15 – 13:00
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20:00	Stretching 13:00 – 13:30	CAF 13:15 – 13:45	Step 13:00 – 13:45	Yoga 12:50 – 13:50	Body Barre 13:00 – 13:45
	Accueil, Coaching sur machines				
Sauf Vendredi Fermeture à 18h30	Body Barre 17:30 – 18:15	Free Cardio 17:30 – 18:15	CAF 17:30 – 18:15	Cross Training 17:30 – 18:15	Interval Training 17:30 – 18:15
	Gym Douce 18:30 – 19:15	Body Barre 18:30 – 19:15	Circuit Minceur 18:30 – 19:15	Abdos-Fessiers 18:30 – 19:15	Coaching sur machines

-  Cardio
-  Renforcement
-  Zen

Contacts

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