



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

7H	YOGA 7H15 (60')		STRETCHING & MOBILITÉ 7H30 (60')		CIRCUIT TRAINING 7H30 (60')		PILATES REFORMER / PIATES MAT 7H45 (60')		STRENGHT & CONDITIONNING 7H30 (60')			
8H	PILATES 8H15 (60')				STRETCHING 8H30 (60')		FLY PILATES 8H45 (75')		CAF / CUISSES ABDOS FESSIERS 8H30 (60')			
9H			PILATES FUSION 9H (60')								YOGA 9H15 (60')	PILATES REFORMER 9H15 (60')
10H	PILATES REFORMER 10H (60')	AQUAGYM 10H (60')	AQUAGYM 10H (60')	PILATE MAT / REFORMER 10H (60')	AQUAGYM 10H (60')	PILATE MAT / REFORMER 10H (60')	AQUAGYM 10H (60')		YOGA LAB 10H (60')		YOGA 10H15 (60')	PILATES REFORMER 10H15 (60')
11H	PILATES REFORMER 11H (60')				PILATES REFORMER 11H (60')				YOGA VYNIASA 11H (60')			
12H	TRX 12H30 (60')		CIRCUIT TRAINING / BOOTCAMP 12H (60')		BARRE AU SOL 12H15 (60')		STRONG & FLEX 12H15 (60')		CIRCUIT TRAINING / BOOTCAMP 12H15 (60')		LADIE BOXING 12H (60')	CIRCUIT TRAINING / BOOTCAMP 12H15 (60')
13H	BODY SCULPT 13H30 (60')		TRX 13H15 (60')		PILATES FUSION 13H15 (60')		CORE & BOOTY 13H15 (60')		STRECHING / MOBILITÉ 13H15 (60')		BOXE N BAG 13H (60')	CAF / CUISSES ABDOS FESSIERS 13H15 (60')
14H												
15H												
16H											PILATES REFORMER 16H (60')	
17H											PILATES REFORMER 17H (60')	
18H	FULL BODY 18H15 (60')		FULL BODY HIIT 18H30 (60')		TRX 18H15 (60')		FULL BODY 18H15 (60')	AQUA TRAINING 18H30 (45')	BOXE ANGLAISE 18H30 (60')			
19H	AQUAGYM 19H (60')	FLY YOGA 19H30 (60')	AQUAGYM 19H (60')	ABS & GLUTES 19H30 (60')	AQUAGYM 19H (60')	ATHLETIC TRAINING 19H30 (60')	FLY YOGA 19H30 (60')		AQUAGYM 19H (60')	BOXE PIEDS POINGS 19H30 (60')		
20H												