

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30	Spinning RPM	Abdos / Fessiers	Pump	Abdos / Fessiers	Pilâtes	
10h00						Spinning RPM
10h15	Gym Douce	Stretch	Abdos / Fessiers	Gym Douce	Stretch	
10h45						Abdos / Fessiers Stretch
12h15 (1 h)	Abdos / Fessiers	Spinning RPM	Zumba	Pump	Spinning	
13h15	Spinning	Abdos / Fessiers	Abdos / Fessiers	Pump	Pilâtes	
17h45	Zumba	Pilâtes	Abdos / Fessiers	Abdos / Fessiers		
18h00					Spinning	
18h30	Abdos / Fessiers	Stretch	Spinning	Fit Boxing		
18h45					Zumba (1 heure)	
19h15	Spinning	Spinning	Complete Body Training	Pump		
20h00		Abdos / Fessiers		Abdos / Fessiers		