

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 - 09:30	Fermé	COACHING PLATEAU – BILAN FORME 07:30 – 09:30			Fermé
		FULL BODY 08:00 – 08:45	COACHING ET CONSEILS 07:30 – 09:30	HIIT 08:00 – 08:45	
11:30 - 14:00	COACHING PLATEAU – BILAN FORME 11:30 – 14:00				
	CUISSES ABDOS FESSIERS 12:15 – 13:00	YOGA 12:15 – 13:00	CIRCUIT TRAINING 12:15 – 13:00	SPECIAL DOS 12:00 – 12:45	BODY BARRE 12:15 – 13:00
	HIIT 13:00 – 13:45	BODY SCULPT 13:00 – 13:45	PILATES 13:00 – 13:45	ZUMBA 13:00 – 13:45	COACHING ET CONSEILS 12:45 – 14:00
16:30 - 19:00 (Mercredi 18:30)	Fermé	COACHING PLATEAU – BILAN FORME 16:30 – 19:00			Fermé
		GYM DOUCE 17:15 – 18:00	HIIT 17:15 – 17:45	BODY SCULPT 17:15 – 18:00	
		CARDIO BOXE 18:00 – 18:45	ABDOS FESSIERS 17:45 – 18:15	PILATES 18:00 – 18:45	

SYMBIOSE