

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 / 10H15	FULL BODY	STRECHING		PILATES	CAF	FULL BODY (IH)
10H45 / 11H30						LES MILLS RPM
12H30 / 13H15	LES MILLS RPM	CAF	CIRCUIT	BALANCE	LES MILLS BODY PUMP	
17H30 / 18H15	CAF	CIRCUIT	LES MILLS BODY PUMP	CROSS TRAINING	FULL BODY	
18H30 / 19H15	STEP	LES MILLS RPM	metafit. HIIT TRAINING	CAF	PILATES	
19H30 / 20H15	LES MILLS BODY PUMP	CAF	BALANCE	LES MILLS RPM	metafit. HIIT TRAINING	
20H25 / 20H50	ABDOS FLASH					