

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3
10h00 (40') BODYSULPT		09h00 (55') YIN YOGA		09h30 (55') PILATES 2		09h30 (45') LES MILLS BODYPUMP		10h00 (30') BUSTE BRAS		10h00 (55') LES MILLS BODYPUMP		10h00 (45') LES MILLS RPM	
10h45 (45') LES MILLS BODYBALANCE		10h00 (30') BUSTE BRAS		10h30 (45') ÉTIREMENTS		10h30 (55') PILATES FLOW		10h30 (45') CUISSSES ABOOS FESSIERS	10h30 (45') LES MILLS RPM	11h10 (20') CORE TRAINING		11h00 (45') LES MILLS BODYPUMP	
11h30 (45') EASY STEP		10h30 (45') CUISSSES ABOOS FESSIERS		11h15 (45') CUISSSES ABOOS FESSIERS		11h30 (55') LES MILLS BODYBALANCE		11h15 (50') ZUMBA		11h30 (45') STEP FUN		12h00 (55') LES MILLS BODYBALANCE	
12h30 (45') LES MILLS RPM	11h15 (45') ÉTIREMENTS			12h00 (55') PILATES 1				12h15 (45') ÉTIREMENTS		12h30 (45') LES MILLS RPM			
				12h15 (45') X-TRAINING									
				15h00 (30') EXPRESS LES MILLS BODYCOMBAT						14h00 (55') ZUMBA			
				15h30 (55') BODYSULPT						15h00 (45') CUISSSES ABOOS FESSIERS			
				16h30 (30') EXPRESS BIKING		16h00 (55') SOPHROLOGE				15h45 (45') LES MILLS BODYCOMBAT			
										16h30 (55') ZUMBA			
17h00 (55') YOGA HATHA	17h30 (30') CORE TRAINING	17h45 (45') EASY STEP		17h15 (45') HIIT		17h00 (55') PILATES 3	18h00 (25') ÉTIREMENTS						
18h00 (55') YOGA VINYASA	18h15 (45') LES MILLS RPM	18h30 (55') LES MILLS BODYBALANCE		18h00 (55') LES MILLS BODYCOMBAT		18h00 (55') PILATES 1	18h30 (25') CORE TRAINING	18h15 (55') LES MILLS BODYPUMP					
19h15 (45') STEP FUN	19h00 (45') CUISSSES ABOOS FESSIERS	19h45 (45') LES MILLS BODYATTACK		19h00 (55') ZUMBA	18h45 (45') LES MILLS RPM	19h05 (45') LES MILLS BODYPUMP	19h00 (30') PILATES ACCESS 2	19h15 (55') LES MILLS BODYBALANCE	18h45 (45') LES MILLS RPM				
20h15 (45') LES MILLS BODYPUMP	20h00 (55') KUDURO FIT	20h30 (45') LES MILLS RPM		20h00 (55') YIN YOGA		20h00 (45') STEP CARDIO	20h00 (45') LES MILLS RPM	20h15 (55') HIIT*					