

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') <b>BODYSculPT</b>		09h00 (55') <b>YIN YOGA</b>		09h30 (55') <b>PILATES 2</b>		09h30 (45') <b>LES MILLS BODYPUMP</b>		10h00 (30') <b>BUSTE BRAS</b>		10h00 (55') <b>LES MILLS BODYPUMP</b>		10h00 (45') <b>LES MILLS RPM</b>	
10h45 (45') <b>LES MILLS BODYBALANCE</b>		10h00 (30') <b>BUSTE BRAS</b>		10h30 (45') <b>ÉTIREMENTS</b>		10h30 (55') <b>PILATES FLOW</b>		10h30 (45') <b>CUISSES ABDOCS FESSIERS</b>	10h30 (45') <b>LES MILLS RPM</b>	11h10 (20') <b>CORE TRAINING</b>		11h00 (45') <b>LES MILLS BODYPUMP</b>	
11h30 (45') <b>EASY STEP</b>		10h30 (45') <b>CUISSES ABDOCS FESSIERS</b>		11h15 (45') <b>CUISSES ABDOCS FESSIERS</b>		11h30 (55') <b>LES MILLS BODYBALANCE</b>		11h15 (50') <b>ZUMBA</b>		11h30 (45') <b>STEP FUN</b>		12h00 (55') <b>LES MILLS BODYBALANCE</b>	
12h30 (45') <b>LES MILLS RPM</b>		11h15 (45') <b>ÉTIREMENTS</b>		12h00 (55') <b>PILATES 1</b>				12h15 (45') <b>ÉTIREMENTS</b>		12h30 (45') <b>LES MILLS RPM</b>			
				12h15 (45') <b>X-TRAINING</b>									
				15h00 (30') <b>EXPRESS LES MILLS BODYCOMBAT</b>						14h00 (55') <b>ZUMBA</b>			
				15h30 (55') <b>BODYSculPT</b>						15h00 (45') <b>CUISSES ABDOCS FESSIERS</b>			
										15h45 (45') <b>LES MILLS BODYCOMBAT</b>			
										16h30 (55') <b>ZUMBA</b>			
17h00 (55') <b>YOGA HATHA</b>	17h30 (30') <b>CORE TRAINING</b>	17h45 (45') <b>EASY STEP</b>		17h15 (45') <b>HIIT</b>		16h00 (55') <b>SOPHROLOGIE</b>		17h00 (55') <b>PILATES 3</b>	18h00 (25') <b>ÉTIREMENTS</b>				
18h00 (55') <b>YOGA VINYASA</b>	18h15 (45') <b>LES MILLS RPM</b>	18h30 (55') <b>LES MILLS BODYBALANCE</b>		18h00 (55') <b>LES MILLS BODYCOMBAT</b>		16h30 (30') <b>EXPRESS BIKING</b>		18h00 (55') <b>PILATES 1</b>	18h30 (25') <b>CORE TRAINING</b>	18h15 (55') <b>LES MILLS BODYPUMP</b>			
19h15 (45') <b>STEP FUN</b>	19h00 (45') <b>LES MILLS CUISSES ABDOCS FESSIERS</b>	19h30 (45') <b>LES MILLS BODYATTACK</b>		19h00 (55') <b>ZUMBA</b>	18h45 (45') <b>LES MILLS RPM</b>	16h00 (55') <b>SOPHROLOGIE</b>		19h05 (45') <b>LES MILLS BODYPUMP</b>	19h00 (30') <b>PILATES ACCESS 2</b>	19h15 (55') <b>LES MILLS BODYBALANCE</b>	18h45 (45') <b>LES MILLS RPM</b>		
20h15 (45') <b>LES MILLS BODYPUMP</b>	20h00 (55') <b>KUDURO FIT</b>		20h30 (45') <b>LES MILLS RPM</b>	20h00 (55') <b>YIN YOGA</b>		20h00 (45') <b>STEP CARDIO</b>		20h00 (45') <b>LES MILLS RPM</b>		20h15 (55') <b>LES MILLS BODYCOMBAT</b>			