

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7H00	7H00-7H45 : COURS PRIVILEGE					9H - 15H
8H15	BIKE	BODY BARRE	CROSS TRAINING	CAF	FULL BODY	
9H15	GYM TRAD	CAF	GYM TRAD	GYM KINE	PILATES	GYM TRAD
10H15	STRETCHING	GYM KINE	STRETCHING	GYM TRAD	CAF	BIKE
11H						100% ABDOS
12H30	CAF	PILATES	YOGA	SPEED BIKE ABDOS	CROSS TRAINING	12H A 15H
15H		GYM KINE	KRAV MAGA enfants 14h30-15h30 : 4-8 ans 15h30-16h30 : 8-13 ans  KRAV MAGA ados/adultes  16h30-17h30	GYM TRAD (Si assez de personnes)		ENTRAINEMENT LIBRE
17H15	17H30 : 100% ABDOS		100% ABDOS	GYM KINE	CAF	DIMANCHE
18H15	GYM KINE	CAF	GYM KINE	YOGA 18H05 / CAF 18H15	BIKE	9H - 13H
19H05	BODY BARRE	BIKE	BODY BARRE	CROSS TRAINING		ENTRAINEMENT LIBRE
20H	BOXE			BOXE		
	<b>FERMETURE 21H</b>					