

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
7H00	7H00-7H45 : COURS PRIVILEGE					9H - 15H
8H15	BIKE	BODY BARRE	AFRO FIT	CAF	FULL BODY	
9H15	GYM TRAD	CAF	GYM TRAD	GYM KINE	PILATES	GYM TRAD
10H15	STRETCHING	GYM KINE	STRETCHING	PILATES	ABDOS	BIKE
11H						CROSS TRAINING
12H30	CAF	PILATES	CROSS TRAINING	BODY BARRE	AFRO FIT	12H A 15H
15H		GYM KINE	KRAV MAGA enfants 14h30 -15h30 : 4 - 8 ans 15h30 - 16h30 : 8 à 13 ans KRAV MAGA ado/adultes 16h30 - 17h30	GYM TRAD		ENTRAINEMENT LIBRE
17H15	17H30 : 100% ABDOS			100% ABDOS	GYM KINE	CAF
18H15	GYM KINE	CAF	GYM KINE	CAF	BIKE	9H - 13H
19H05	BODY BARRE	GYM KINE	BODY BARRE	AFRO FIT		ENTRAINEMENT LIBRE
20H	BOXE	BIKE		BOXE		
	FERMETURE 21H					