

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