

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
6H							
15							
30							
45							
7H	CXWORX 30'	BODYBALANCE 30'	BODYPUMP 30'	BODYCOMBAT 30'	SH'BAM 45'	CXWORX 30'	BODYBALANCE 55'
15							
30	SH'BAM 45'	CXWORX 30'	BODYCOMBAT 30'	BODYBALANCE 30'	BODYPUMP 30'	BODYBALANCE 30'	CXWORX 30'
45							
8H	BODYCOMBAT 30'	SH'BAM 45'	BODYBALANCE 30'	BODYPUMP 30'	BODYCOMBAT 30'	SH'BAM 45'	BODYCOMBAT 30'
15							
30	C.A.F. 45'	PILATES 45'	BODYPUMP 45'	RPM 45'	BODY SCULPT 45'	100% ABDOS 30'	BODYCOMBAT 30'
45							
9H	RPM 30'	BODYPUMP 45'	BODYCOMBAT 30'	A.F. 30'	STRETCHING 30'	BODYPUMP 55'	BODYPUMP 55'
15							
30	SH'BAM 45'	BODYCOMBAT 30'	BODYBALANCE 30'	SH'BAM 45'	CXWORX 30'	BODYCOMBAT ou RPM 55'	SH'BAM 45'
45							
10H							
11H							
12H							
15							
30	100% CARDIO 45'	BODYPUMP 45'	BODYCOMBAT 30'	RPM 45'	C.A.F. 45'	CXWORX 30'	BODYBALANCE 55'
45							
13H	BODYBALANCE 30'	CXWORX 30'	BODYCOMBAT 30'	BODYPUMP 30'	BODYBALANCE 30'	BODYCOMBAT 30'	CXWORX 30'
14H							
15							
30	RPM 45'	BODYPUMP 45'	SH'BAM 45'	PILATES 45'	C.A.F. 45'	BODYPUMP 55'	BODYCOMBAT 55'
45							
14H	BODYPUMP 30'	SH'BAM 45'	BODYBALANCE 30'	BODYCOMBAT 30'	CXWORX 30'	SH'BAM 45'	BODYPUMP 55'
15							
30	BODYCOMBAT 30'	CXWORX 30'	BODYCOMBAT 30'	BODYBALANCE 30'	SH'BAM 45'	BODYBALANCE 30'	SH'BAM 45'
45							
15H							
16H							
17H							
18H							
19H							
20H							
21H							
22H							
23H							

MATIN

ABONNEMENT MATINEE

MIDI

ABONNEMENT TEMPO

APRES-MIDI

ABONNEMENT SOF

SOIREE

ABONNEMENT PRIVILEGE