

		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE					
MATIN	6h30	ABDOS PUR	POWER BARRE	BODY SCULT	ABDOS FESSIERS	POWER BARRE	BODY SCULT	POWER BARRE	6h30	MATIN			
	7h00	ABDOS FESSIERS			STEP 1				7h00				
	7h30	POWER BARRE	ABDOS FESSIERS	STEP 2	POWER BARRE	STEP 2	POWER BARRE	ABDOS FESSIERS	7h30				
	8h00		BODY SCULT						STRETCHING		8h00		
	8h30	ABDOS FESSIERS	POWER BARRE	POWER BARRE	ABDOS FESSIERS	POWER BARRE	ABDOS FESSIERS	BODY SCULT	8h30				
	9h00	BODY SCULT			STEP 2				BODY SCULT		POWER BARRE	ABDOS FESSIERS	9h00
	9h30	POWER BARRE			POWER BARRE				ABDOS FESSIERS		ABDOS FESSIERS	ABDOS FESSIERS	9h30
	10h00		BODY SCULT	ABDOS FESSIERS	STEP 2	POWER BARRE	DANCE	10h00					
	10h30	ABDOS FESSIERS	STRETCHING	10h30									
	11h00	BODY SCULT	POWER BARRE	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	11h00				
11h30	STEP 1	BODY SCULT	STEP 2	POWER BARRE	STEP 1	11h30							
MIDI	12h15	STEP 1	BODY SCULT	STEP 2	POWER BARRE	ABDOS FESSIERS	POWER BARRE	STEP 1	12h15				
	12h45	POWER BARRE	ABDOS FESSIERS	STEP 1	BODY SCULT	POWER BARRE	ABDOS FESSIERS	ABDOS FESSIERS	12h45				
	13h15	ABDOS FESSIERS	STEP 1	STRETCHING	BODY SCULT	ABDOS FESSIERS	DANCE	POWER BARRE	13h15				
	13h45	ABDOS FESSIERS	STEP 1	STRETCHING	BODY SCULT	ABDOS FESSIERS	DANCE	POWER BARRE	13h45				
A.P.M	15h00	BODY SCULT	POWER BARRE	ABDOS FESSIERS	STRETCHING	POWER BARRE	BODY SCULT	ABDOS FESSIERS	15h00				
	15h30	POWER BARRE	STRETCHING	POWER BARRE	ABDOS FESSIERS	POWER BARRE	BODY SCULT	BODY SCULT	15h30				
	16h00	POWER BARRE	STEP 1	ABDOS FESSIERS	BODY SCULT	STEP 2	DANCE	BODY SCULT	16h00				
	16h30	ABDOS FESSIERS	DANCE	BODY SCULT	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	AEROBIC	16h30				
SOIRÉE	17h30	STEP 2	ABDOS FESSIERS	STEP 2	DANCE	POWER BARRE	STRETCHING	ABDOS FESSIERS	17h30				
	18h00	POWER BARRE	STEP 2	POWER BARRE	STEP 2	BODY SCULT	BODY SCULT	ABDOS FESSIERS	18h00				
	18h30	STEP 1	ABDOS FESSIERS	POWER BARRE	POWER BARRE	AEROBIC	DANCE	POWER BARRE	18h30				
	19h00	ABDOS FESSIERS	POWER BARRE	AEROBIC	POWER BARRE	AEROBIC	POWER BARRE	ABDOS FESSIERS	19h00				
	19h30	STRETCHING	POWER BARRE	AEROBIC	ABDOS FESSIERS	STEP 1	POWER BARRE	DANCE	19h30				
	20h00	POWER BARRE	ABDOS FESSIERS	DANCE	BODY SCULT	STRETCHING	AEROBIC	POWER BARRE	20h00				
	20h30	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	STEP 1	POWER BARRE	POWER BARRE	DANCE	20h30				
	21h00	POWER BARRE	ABDOS FESSIERS	DANCE	BODY SCULT	STRETCHING	AEROBIC	POWER BARRE	21h00				
	21h30	ABDOS FESSIERS	STRETCHING	ABDOS FESSIERS	STEP 1	POWER BARRE	POWER BARRE	DANCE	21h30				
	22h00	POWER BARRE	STRETCHING	DANCE	BODY SCULT	ABDOS FESSIERS	AEROBIC	POWER BARRE	22h00				

Cours expert 1h
 Cours expert 1/2h