


	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
9h							
10h							
11h		Fit Tube		Fit Ball		LES MILLS BODYPUMP	LES MILLS RPM
12h	LES MILLS BODYPUMP	Pilates		Fit Flex		Fit Box' RPM	LES MILLS BODYPUMP
13h	Fit Sculpt RPM	Fit Step & Sculpt	LES MILLS BODYPUMP	Zumba Fitness RPM	Fit Sculpt RPM		
14h							
17h							
18h	Fit Fac	Fit Tube	Fit Sculpt	LES MILLS BODYPUMP	Fit Fac	Fit Step & Sculpt	
19h	LES MILLS BODYPUMP	LES MILLS BODYPUMP	Fit Flex	Fit Step Débutants	LES MILLS BODYCOMBAT		LES MILLS BODYCOMBAT
20h	LES MILLS BODYCOMBAT	Zumba Fitness RPM	Fit Core	Fit LIA	LES MILLS BODYATTACK		
21h		Fit Step Conf.	LES MILLS BODYATTACK	Fit Box'			