

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>10H - 10H45</p> <p>Master GYM</p> <p>10H45 - 11H15</p> <p>STRETCHING</p>	<p>10H - 11H15</p> <p>Yoga</p>	<p>9H30 - 10H30</p> <p>PILATES</p> <p>10H30 - 11H</p> <p>ABDOS FESSIERS</p>	<p>10H - 10H45</p> <p>CAF</p> <p>10H45 - 11H15</p> <p>STRETCHING</p>	<p>10H30 - 11H15</p> <p>Yoga</p>	<p>9H30 - 10H</p> <p>ABDOS TAILLE</p> <p>10H - 10H30</p> <p>FESSIERS CUISSES</p> <p>10H30 - 11H30</p> <p>LES MILLS BODYPUMP™</p> <p>11H30 - 12H30</p> <p>LES MILLS BODYCOMBAT™</p>	
<p>12H30 - 13H15</p> <p>CAF</p>	<p>12H30 - 13H15</p> <p>Master GYM</p>	<p>12H30 - 13H30</p> <p>LES MILLS BODYPUMP™</p>	<p>12H30 - 13H</p> <p>ABDOS FESSIERS</p> <p>13H - 13H30</p> <p>STRETCHING</p>	<p>12H - 12H30</p> <p>ABDOS TAILLE</p> <p>12H30 - 13H30</p> <p>PILATES</p>		<p>12H45 - 13H45</p> <p>DANSE AFRICAINE</p>
<p>18H - 18H30</p> <p>ABDOS TAILLE</p> <p>18H30 - 19H</p> <p>FESSIERS CUISSES</p> <p>19H - 19H45</p> <p>ZUMBA FITNESS</p> <p>19H45 - 20H30</p> <p>LES MILLS BODYJAM™</p> <p>20H30 - 22H</p> <p>BOXE ANGLAISE</p>	<p>18H - 18H45</p> <p>LES MILLS BODYJAM™</p> <p>18H45 - 19H45</p> <p>LES MILLS BODYPUMP™</p> <p>19H45 - 20H45</p> <p>CARDIO KICK</p> <p>20H45 - 21H15</p> <p>ABDOS FESSIERS</p>	<p>18H - 18H45</p> <p>PILATES</p> <p>18H45 - 19H30</p> <p>ZUMBA FITNESS</p> <p>19H30 - 20H15</p> <p>CAF</p> <p>20H15 - 21H45</p> <p>Yoga</p>	<p>18H - 18H30</p> <p>ABDOS FESSIERS</p> <p>18H30 - 19H15</p> <p>STEP</p> <p>19H15 - 20H</p> <p>LES MILLS RPM™</p> <p>20H15 - 21H45</p> <p>KICK BOXING</p>	<p>18H - 19H</p> <p>LES MILLS BODYPUMP™</p> <p>19H - 19H45</p> <p>LES MILLS RPM™</p> <p>19H45 - 20H30</p> <p>LES MILLS BODYJAM™</p> <p>20H30 - 21H</p> <p>ABDOS TAILLE</p>	<p>14H - 15H30</p> <p>BOXE ANGLAISE</p> <p>15H45 - 17H</p> <p>KICK BOXING</p>	<p>15H - 19H</p> <p>Club entièrement réservé aux femmes</p>