

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h15	BODYPUMP 60'	CUISSES ABDOS FESSIERS 45'	LM CORE 30' + BODYPUMP 30'	GYM D'ENTRETIEN 45'	BODYBALANCE 45'	BODYPUMP 60'
10h00		BODYBALANCE 60'			CUISSES ABDOS FESSIERS 45'	LM CORE 30'
10h15						
10h30						BODYBALANCE 45'
12h30	LM CORE 45'	BODYPUMP 45'		BODYBALANCE 45'		
17h30	LM CORE 30'		CUISSES ABDOS FESSIERS 45'	BODYBALANCE 45'		
17h45					LM CORE 30'	
18h00	BODYPUMP 45'	BODYPUMP 45'				
18h15			BODYATTACK 45'	BODYCOMBAT 45'	BODYATTACK 60'	
18h45	BODYCOMBAT 60'	LM CORE 30'				
19h00			BODYBALANCE 45'			
19h15				BODYPUMP 60'	STRETCHING 30'	
19h30		BODYBALANCE 60'				
19h45	STRETCHING 45'		LM CORE 30'			

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
09H15	PILATES 45'		YOGA 45'		YOGA VINYASA 45'
10H00					PILATES 45'
10H15	YOGA 60'				
10H30			STRETCHING MEDITATION 45'		
10H45					STRETCHING MEDITATION 45'
12H30		YOGA 45'	PILATES 45'		YOGA 45'
17H30	YOGA 45'			YOGA 45'	YOGA VINYASA 45'
18H00			YOGA VINYASA 45'		
18H15	YOGA 45'			PILATES 45'	
18H30					YOGA VINYASA 45'
18H45			YOGA VINYASA 45'		
19H00	PILATES 45'				
19H15				YOGA 45'	STRETCHING 30'
19H45	STRETCHING MEDITATION 45'				

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10h15			CROSS TRAINING	CROSS TRAINING	
12h30	ATHLETIC TRAINING	CROSS TRAINING	GRIT FORCE	HBX boxing	CROSS TRAINING
17h30	CROSS TRAINING	CROSS TRAINING		TRX	
18h00					CROSS TRAINING
18h15	HBX fusion	GRIT FORCE	ATHLETIC TRAINING	CROSS TRAINING	
18h45	CROSS TRAINING	HBX fusion			TRX
19h00	HBX fusion		HBX boxing	GRIT ATHLETIC	
19h30	GRIT CARDIO	HBX boxing	CROSS TRAINING	ATHLETIC TRAINING	GRIT FORCE

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09H15				RPM 45'		
10H00						RPM 45'
10H15	RPM 45'					
12H30	SPRINT 30'		RPM 45'		RPM 45'	
18H15	RPM 60'	SPRINT 30'				
18H30			RPM 45'	SPRINT 30'		
18H45		RPM 45'			RPM 45'	
19H00				RPM 45'		

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