

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		
	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	Salle 1	Salle 2	
8h25	CINEMA 30'	CINEMA 30'	CINEMA 30'	CINEMA 30'	CINEMA 30'	CINEMA 30'	CINEMA 30'	CINEMA 30'	CINEMA 30'	CINEMA 30'	9h15	CINEMA 30'	CINEMA 30'
9h00	olness 45' GYM SCULPT	CINEMA 45'	LES MILLS 45' BODYPUMP	CINEMA 45'	olness 45' GYM SCULPT	CINEMA 45'	olness 45' CIRCUIT MACHINES	LES MILLS 55' RPM	olness 45' STEP	CINEMA 45'	9h45	LES MILLS 45' BODYPUMP	
9h45	olness 15' ABDOS				olness 15' ABDOS						10h15		CINEMA
10h00	olness 45' PILATES	CINEMA 45'	olness 45' GYM DOUCE	CINEMA 45'	olness 45' STRETCHING	CINEMA 45'	YOGA	CINEMA 45'	olness 45' STRETCHING	CINEMA 45'	10h45	olness 45' GYM SCULPT	
11h00		CINEMA 45'	CINEMA 30'	CINEMA 45'	CINEMA 55'	CINEMA 45'	CINEMA 30'	CINEMA 45'	CINEMA 55'	CINEMA 45'	11h15		CINEMA
12h20	LES MILLS BODYATTACK	LES MILLS 55' RPM	LES MILLS 45' BODYPUMP		YOGA	LES MILLS 55' RPM	olness 45' GYM SCULPT	CINEMA 45'	olness 45' CIRCUIT MACHINES		11h30	olness 30' STRETCHING	
12h30				olness 30' Functional TRX						LES MILLS 30' sprint	12h15	CINEMA 55'	CINEMA
14h00		CINEMA 45'	CINEMA 30'			CINEMA 45'	CINEMA 55'	CINEMA 45'		CINEMA 45'	12h30		
15h00	CINEMA 55'	CINEMA 45'	CINEMA 55'	CINEMA 45'	CINEMA 55'	CINEMA 45'	CINEMA 30'	CINEMA 45'	CINEMA 55'	CINEMA 45'	13h15	CINEMA 30'	CINEMA
17h00	CINEMA 30'	CINEMA 45'						CINEMA 45'	CINEMA 30'				
17h30			olness 45' PILATES	CINEMA 30'	olness 30' CROSS SERIES	CINEMA 45'	CINEMA 30'		CINEMA 30'	CINEMA 45'	DIMANCHE		
17h45	olness 30' CROSS SERIES										Salle 1	Salle 2	
18h00				CINEMA 45'	ZUMBA		olness 45' PILATES	CINEMA 45'	olness 15' ABDOS		9h15	CINEMA 30'	CINEMA
18h15	olness 30' GYM SCULPT	olness 30' Functional TRX	LES MILLS 45' BODYPUMP			CINEMA 45'			LES MILLS 45' BODYCOMBAT		9h30		
18h45	olness 45' STRETCHING				olness 45' GYM SCULPT		LES MILLS BODYATTACK				9h45	YOGA	
19h00		LES MILLS 55' RPM	LES MILLS 45' BODYCOMBAT	LES MILLS 30' sprint		LES MILLS 55' RPM		CINEMA 45'	LES MILLS 55' BODYPUMP	olness 30' Functional TRX	10h15		CINEMA
19h30	CINEMA 30'				CINEMA 30'						10h30		
											11h15	CINEMA 30'	CINEMA

6h-23H 7/7

Sprint, RPM, Functional TRX sur réservation et avec participati
 Programme Cinéma