

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
	Salle 1	Salle 2	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	CXWORK 30'		CXWORK 30'		CXWORK 30'		CXWORK 30'		CXWORK 30'					
9h00	GYM SCULPT 45'	RPM 45'	BODYPUMP 45'	RPM 45'	GYM SCULPT 45'	RPM 45'	CIRCUIT MACHINE 45'	RPM 45'	STEP 45'	RPM 45'	CXWORK 30'	RPM 45'	CXWORK 30'	RPM 45'
9h45	ABDOS 15'				ABDOS 15'								YOGA 45'	
10h00	PILATES 45'	RPM 45'	GYM DOUCE 45'	RPM 45'	STRETCHING 45'	RPM 45'	YOGA 45'	RPM 45'	STRETCHING 45'	RPM 45'		RPM 45'		RPM 45'
11h00			CXWORK 30'		BODYBALANCE 55'		CXWORK 30'		BODYCOMBAT 55'					
12h20	BODYPUMP 45'	RPM 45'	CROSS SÉRIES 30'		YOGA 45'	RPM 45'	GYM SCULPT 45'	RPM 45'	CIRCUIT MACHINE 45'					
12h30				FUNCTIONAL TRX 30'										
14h00		RPM 45'	CXWORK 30'	RPM 45'		RPM 45'	BODYBALANCE 55'	RPM 45'	BODYPUMP 55'	RPM 45'				
15h00	BODYBALANCE 55'		BODYBALANCE 55'	RPM 45'	BODYCOMBAT 55'		CXWORK 30'	RPM 45'		RPM 45'				
16h00		RPM 45'		RPM 45'		RPM 45'			BODYCOMBAT 55'	RPM 45'				
17h00	CXWORK 30'		CXWORK 30'	RPM 30'		RPM 30'	CXWORK 30'	RPM 45'		RPM 30'				
17h30		RPM 30'	PILATES 45'	RPM 30'	CROSS SÉRIES 30'					RPM 45'				
17h45	CROSS SÉRIES 30'													
18h00				RPM 45'	ZUMBA 45'	RPM 45'	BODYPUMP 45'	RPM 45'	ABDOS 15'	RPM 45'				
18h15	GYM SCULPT 30'	FUNCTIONAL TRX 30'	BODYPUMP 45'						BODYCOMBAT 45'					
18h45	STRETCHING 45'				GYM SCULPT 45'		YOGA 45'							
19h00		RPM 45'	BODYCOMBAT 45'	SPRINT 30'		RPM 45'		RPM 45'	BODYPUMP 55'	RPM 45'				
19h30	CXWORK 30'				BODYPUMP 55'		BODYPUMP 55'							
20h00		RPM 45'	BODYPUMP 30'	RPM 45'		RPM 45'		RPM 45'	CXWORK 30'	RPM 45'				