

	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'	BODYPUMP 45'	RPM 45'	CXWORK 30'	RPM 45'
9h45	ABDOS 15'				ABDOS 15'								YOGA 45'	
10h00	YOGA 45'	RPM 45'	GYM DOUCE 45'	RPM 45'	STRETCHING 45'	RPM 45'	PILATES 45'	RPM 45'	STRETCHING 45'	RPM 45'	GYM SCULPT 45'	RPM 45'		RPM 45'
11h00			CXWORK 30'		BODYBALANCE 55'		CXWORK 30'		BODYCOMBAT 55'				BODYCOMBAT 55'	
12h20	BODYPUMP 45'	RPM 45'	CROSS SÉRIES 30'	RPM 45'	YOGA 45'	RPM 45'	CXWORK 30'	SPRINT 30'	CIRCUIT MACHINE 45'	RPM 45'			CXWORK 30'	
12h30														
14h00		RPM 45'		CXWORK 30'		RPM 45'	BODYBALANCE 55'	RPM 45'	BODYPUMP 55'	RPM 45'				
15h00		BODYBALANCE 55'		RPM 45'	BODYCOMBAT 55'		CXWORK 30'	RPM 45'		RPM 45'			BODYCOMBAT 55'	RPM 45'
16h00		RPM 45'		RPM 45'	CXWORK 30'	RPM 45'			BODYCOMBAT 55'	RPM 45'			CXWORK 30'	RPM 45'
17h00	CXWORK 30'		CXWORK 30'	RPM 30'		RPM 30'	CXWORK 30'	RPM 45'		RPM 30'			BODYPUMP 55'	RPM 45'
17h30		RPM 30'		ABDOS 30'		RPM 30'				RPM 45'			BODYCOMBAT 55'	RPM 45'
17h45	CROSS SÉRIES 30'						GYM SCULPT 30'						BODYBALANCE 55'	RPM 45'
18h00			BODYPUMP 55'	RPM 45'	ZUMBA 45'			RPM 45'					BODYPUMP 55'	RPM 45'
18h15	GYM SCULPT 45'	ABDOS 15'				RPM 30'	PILATES 45'		BODYCOMBAT 45'				CXWORK 30'	RPM 45'
18h45		RPM 45'			BODYCOMBAT 45'					RPM 45'				
19h00	STRETCHING 45'		CXWORK 30'	SPRINT 30'		RPM 45'	YOGA 45'	RPM 45'	CROSS SÉRIES 30'					
19h30					BODYPUMP 55'									
20h00	CXWORK 30'	RPM 45'	BODYPUMP 55'	RPM 45'		RPM 45'	BODYPUMP 55'	RPM 45'	CXWORK 30'	RPM 45'				