

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	09h30-10h20 Abdos Fessiers ●	09h30-10h20 Gym Ball ●	-	09h30-10h20 Body Sculpt ●	09h30-10h20 Stretching ●	10h00-10h50 Body Sculpt ●	-
	-	-	-	-	-	10h30-11h20 Cross / Combat T. ●	-
MIDI	12h30-13h00 Cross Training 30' ●	12h30-13h00 Combat Training 30' ●	-	12h30-13h00 Cross Training 30' ●	12h30-13h00 Bike 30' ●	11h00-11h50 Bike ●	
SOIR	17h30-18h20 Cross Training ●	17h30-18h20 Combat Training ●	17h30-18h20 Bike ●	17h30-18h00 Combat Training 30' ●	17h30-18h20 Cross Training ●	HORAIRES D'ACCUEIL Lundi au vendredi de 09h00 à 13h30 & de 16h30 à 20h30 - Samedi de 09h30 à 12h30 - Dimanche Fermé	
	18h00-18h50 Body Sculpt ●	18h00-18h50 Abdos Fessiers ●	18h00-18h50 Step Deb./Inter. ●	18h00-18h50 Cross Training ●	18h00-18h50 Body Sculpt ●		
	18h30-19h20 Combat Training ●	18h30-19h20 Bike ●	18h30-19h20 Cross Training ●	18h30-19h20 Boxe Tonic ●	18h30-19h20 Combat Training ●		
	19h00-19h50 Cardio Fit ●	19h00-19h50 Fit Dance ●	19h00-19h50 Body Sculpt ●	19h00-19h50 Bike ●	-		
	19h30-20h00 Bike 30' ●	19h30-20h00 Cross Training 30' ●	19h30-20h00 Combat Training 30' ●	19h30-20h00 Stretching 30' ●	-		
						Tous les mardis soirs à 18h00 Run Club Outdoor	

