

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 Bike 30' NEW!	12h30-13h00 Combat Training 30' NEW!	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 Du lundi au jeudi 09h00 / 13h30 16h30 / 20h30 - Vendredi 09h30 / 12h30 16h30 / 20h00 - Samedi 09h30 / 12h30 - Dimanche Fermé	
	18h00-18h50 Body Sculpt	18h00-18h50 Abdos Fessiers	18h00-18h50 Step Deb./Inter.	18h00-18h50 Cross Training	18h00-18h50 Body Sculpt NEW!		
	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 NEW!	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 NEW!	



*Cross Training / Combat Training / Bike : Cours sur réservation via l'application "Studio Fitness Club".