

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
SALLE FITNESS	STUDIO VÉLOS	SALLE FITNESS	STUDIO VÉLOS	SALLE FITNESS	STUDIO VÉLOS	SALLE FITNESS	STUDIO VÉLOS	SALLE FITNESS	STUDIO VÉLOS	SALLE FITNESS	STUDIO VÉLOS
9 ^h 30 - 10 ^h 15		9 ^h 30 - 10 ^h 15			9 ^h 30 - 10 ^h 00	9 ^h 30 - 10 ^h 15		9 ^h 30 - 10 ^h 15		9 ^h 45 - 10 ^h 15	
YOGA		STRETCH			BIKE	PILATES		AFC		LES MILLS BODYPUMP	
				10 ^h 15 - 10 ^h 45							10 ^h 30 - 11 ^h 00
				LES MILLS CORE							BIKE

				14 ^h 00 - 16 ^h 00							
				ZUMBA kids							
				16 ^h 15 - 17 ^h 45							
				CROSS kids							
18 ^h 00 - 18 ^h 30		18 ^h 00 - 18 ^h 45		18 ^h 00 - 18 ^h 45		18 ^h 00 - 18 ^h 45		18 ^h 00 - 18 ^h 45	18 ^h 00 - 18 ^h 45		
HiIT		LES MILLS BODYPUMP		LES MILLS BODYATTACK		LES MILLS BODYCOMBAT		STEP	BIKE		
18 ^h 30 - 19 ^h 15		19 ^h 00 - 19 ^h 45	19 ^h 00 - 19 ^h 45	18 ^h 45 - 19 ^h 15		18 ^h 45 - 19 ^h 30		19 ^h 00 - 21 ^h 00			
AFC		LES MILLS BODYJAM	BIKE	CORE		LES MILLS BODYPUMP		ZUMBA kids			
19 ^h 15 - 20 ^h 00	19 ^h 15 - 20 ^h 00	19 ^h 45 - 20 ^h 30		19 ^h 30 - 20 ^h 15	19 ^h 30 - 20 ^h 15	19 ^h 45 - 20 ^h 30					
ZUMBA	BIKE	YOGA		LES MILLS SH'BAM	BIKE	STRETCH					
20 ^h 00 - 20 ^h 45											
CROSS TRAINING											