

LUNDI	S	MARDI	S	MERCREDI	S	JEUDI	S	VENDREDI	S	SAMEDI	S	DIMANCHE	S
		07:00-07:45				07:00-07:45				07:15-08:00			
08:30-09:15		BODY TONNING (Sal)	S2	08:30-09:15		PILATES (Sal)	S2	08:30-09:15		ABDOS TAILLE (Sv)	S2		
FIT MIX (Sal)	S1			ZUMBA FIT (Sam)	S1			FIT MIX (Am)	S1				
09:30-10:15		08:30-10:00		09:30-10:30		08:30-10:00		09:30-10:15					
GYM BALL (Sam)	S1	BIKE (Sv)		BOB BARRE	S2	BIKE (Sv)		PILATES (Sam)	S1				
10:30-11:30		10:00-10:45		09:30-10:15		10:00-10:45		10:30-11:30		09:00-09:45			
D.O (Zin)	S1	CIRCUIT MINCEUR (Sal)	S2	T.B.C (Am)	S1	CIRCUIT MINCEUR (Sal)	S2	STRETCH-RELAXATION (Sam)	S1	POWER PUMP (Sv)	S2		
				10:30-11:30						10:00-11:00		10:00-11:00	
				VINYAZA YOGA (Sam)	S1					ZUMBA (Nab)	S2	FIT MIX	S1
										11:30-12:30		11:00-12:00	
										TOTAL PILATES (Simo)	S2	POWER ATTACK (Al)	S2
										12:30-13:30			
										STEP AVANCE/ AERODANCE (Mus)	S2		
12:30-13:15		13:30-14:00		12:30-13:15		13:30-14:00							
BODY TONNING (Am)	S1	T.A.F (Sv)	S2	GYM BARRE (Sal)	S1	T.B.C (Sv)	S2						
16:30-17:30		17:00-17:45		16:30-17:30		17:00-17:45		16:30-17:30					
T.B.C (Sv)	S1	BODY TONNING (Am)	S1	PILATES (Sal)	S1	T.B.C (Am)	S1	ZUMBA-D.O (Zin)	S1				
		17:00-17:45				17:00-17:45							
		ZUMBA (Nab)	S2			STEP Déb (Mus)	S2						
18:00-18:45		18:00-18:45		18:00-18:45		18:00-18:45		18:00-18:45					
POWER PUMP (Yo)	S2	STEP AVANCE (Nab)	S2	TOTAL PILATES(Simo)	S2	AERODANCE (Mus)	S1	FIT KO (Yo)	S2				
18:00-18:45		18:00-18:45		18:00-18:45		18:00-18:45		18:00-18:45					
ZUMBA FIT (Sam)	S1	ART FIT (Yo)	S1	T.A.F (Am)	S1	ART FIT (Simo)	S2	POWER PUMP (Sv)	S1				
19:00-19:45		19:00-19:45		19:00-19:45		19:00-19:45		19:00-19:45					
FIT KO (Yo)	S2	LIA DANCE (Nab)	S2	POWER PUMP (Yo)	S2	STEP AVANCE (Mus)	S1	FLASHBOB	S2				
19:00-19:45		19:00-19:45		19:00-20:00		19:00-19:45		19:00-19:45					
YOGA (Sam)	S1	BODY ART (Simo)	S1	D.O (Zin)	S1	YOGA-PILATES(Simo)	S2	PILATES (Sal)	S1				
20:00-21:00		20:00-21:00		20:00-21:00		20:00-21:00		20:00-21:00					
BOB BARRE-ABDOS	S2	POWER YOGA (Simo)	S1	AEROBOXE (Al)	S2	FIT MIX (Ab)	S2	BODY STRETCH (Ab)	S2				

Cours Femmes

Cours Mixtes

