

**LUNDI      MARDI      MERCREDI      JEUDI      VENDREDI      SAMEDI**

**9H  
10H  
10h  
11h  
12h30  
13h30  
17H30  
18H30  
18H30  
19h30**

<b>F.A.C C</b>	<b>Body barre S</b>	<b>Fit ball C</b>	<b>Cycling S</b>	<b>Body scult A</b>	
<b>Stretching C</b>	<b>Pilates S</b>	<b>Yoga C</b>	<b>Pilates S</b>	<b>Streching A</b>	<b>Yoga C</b>
<b>Body scult C</b>	<b>Zumba tonic S</b>	<b>F.A.C C</b>	<b>Body barre C</b>	<b>Streching C</b>	
<b>F.A.C S</b>	<b>Zumba S</b>	<b>Body Barre C</b>	<b>STEP C</b>	<b>F.A.C C</b>	
<b>Cycling G</b>	<b>Pilates C</b>	<b>Cycling G</b>	<b>Stretching C</b>	<b>Zumba S</b>	

- F.A.C**
- BODY SCULT**
- BODY BARRE**
- STEP**
- ZUMBA**
- ZUMBA TONIC**
- CYCLING**
- PILATES**
- FIT BALL**
- STRETCHING**
- YOGA**

**C : CHERINE  
S : SANDRINE  
C : ALAIN  
G : GISELE**

