

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H 10H	F.A.C C	Body barre S	Fit ball C	Cycling S	Body sculpt A	
10h 11h	Stretching C	Pilates S	Yoga C	Pilates S	Streching A	
12h30 13h30	Body sculpt C	Total Body S	F.A.C C	Body barre C	Streching C	
17H30 18H30	Zumba S	F.A.C C	Stretching C	STEP C	BODY BARRE S	
18H30 19h30	Cycling G	Pilates C	Cycling G	Stretching C	Zumba S	

F.A.C

BODY SCULT

BODY BARRE

CIRCUIT TRAINING

STEP

ZUMBA

ZUMBA TONIC

CYCLING

PILATES

FIT BALL

STRETCHING

YOGA

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

