

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9H					
10H	F.A.C SO	Body barre SA	Circuit training CH	Cycling SA	Body scult A
10h 11h	Stretching SO	Pilates SA	Pilates C	Pilates SA	Stretching A
12h30 13h30	F.A.C C	Total body SA	Circuit training CH	F.A.C S	Stetching C
17H30 18H30	Zumba SA	Cardio boxing SO	Stretching C	F.A.C C	Body Barre SA
18H30 19h30	Cycling G	Street Dance SO	Cycling G	Pilates/ Stretch C	Zumba SA

F.A.C

BODY SCULT

BODY BARRE

CARDIO BOXING

ZUMBA

CYCLING

PILATES

FIT BALL

STRETCHING

Street Dance

**C : CHERINE**  
**S : SANDRINE**  
**A : ALAIN**  
**G : GISELE**  
**S : SOPHIA**  
**CH : CHRISTOPHE**

