

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	Inscription & bilan 11:30 – 12:15 / 13:30 – 14:00				
11:30					
14:00	Circuit Training 12:15 – 13:00	Body Barre 12:15 – 13:00	Zumba 12:15 – 13:00	Yoga 12:15 – 13:30	Body Barre 12:15 – 13:00
	Abdos Combo 13:00 – 13:30	Stretching 13:00 – 13:30	Circuit Training 13:00 – 13:30	Circuit Plateau (en continu)	Stretching 13:00 – 13:30
	Inscription & bilan 16:30 – 17:15 / 19:00 – 20:00				
16:30					
20:00	Pilates 17:15 – 18:00	CAF 17:15 – 18:00	Total Body 17:15 – 18:00	Gym Douce 17:15 – 18:00	Fermé
	Pilates 18:15– 19:00	Circuit Boxe 18:15 – 19:00	Circuit Plateau 18:00 – 20:00	HIIT 18:00 – 18:45	



Intensité supérieure



Intensité modérée

