HORAIRES	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00 - 11:00	GYM DOUCE	—	GYM DOUCE	—	GYM DOUCE	PILATES (niv 1)
11:00 - 11:45	—	—	—	—	—	CIRCUIT
12:30 - 13:15	PUMP	—	HYCROSS ★	CIRCUIT	CAF	—
18:15 - 19:00	CARDIO BOXE	YOGA (18h00) / BIKE ★	PUMP	PILATES (niv 2)	ABDOS STRETCH	—
19:00 - 19:45	CAF	CIRCUIT	STEP / BIKE ★	ZUMBA / BIKE ★	HYCROSS ★	—
19:45 - 20:30	BIKE ★	—	—	—	—	—

★ Cours sur inscription (BIKE & HYCROSS)