

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00-11h00	GYM DOUCE		GYM DOUCE		ABDOS STRETCH	CIRCUIT
12h30-13h30	STEP	TRX	BOXING	CAF BIKE	CIRCUIT	YOGA (11h00)
18h15-19h00	ABDOS SCULPT	YOGA (18h00)	CAF	ABDOS GAINAGE (18h30) BIKE	PILATES	
19h00-19h45	CARDIO BOXE	CIRCUIT	STEP BIKE	PUMP	BOXING	
19h45-20h30	BIKE		HIIT	JUMP		

