

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	
9h30-10h15	TRAINING ★						
10h00-11h00	GYM DOUCE (10h30)		GYM DOUCE		GYM DOUCE	CIRCUIT	
12h30-13h15	PUMP	STEP	TRX	CAF	CIRCUIT		
18h15-19h00	CARDIO BOXE	YOGA (18h00)	PUMP	BOXING ★	BIKE ★	STRETCH	
19h00-19h45	CAF	CIRCUIT	STEP	BIKE ★	BODY SCULPT	HIIT ★	BIKE ★
19h45-20h30	BIKE ★						

★ *COURS sur inscription*

