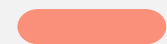


	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
11:30 14:30	Accueil, inscription et coaching 11:30 – 12:15 et 13:45 – 14:30				
	Body Barre 12:15 – 13:00	Cardio danse 12:15 – 13:00	Cuisses-Abdos-Fessiers 12:15 – 13:00	Yoga 12:15 – 13:15	Cross training 12:15 – 13:00
	HIIT 13:00 – 13:30	100% abdos 13:00 – 13:30	Zen 13:00 – 13:30	Full Body 13:15 – 13:45	Abdos-Fessiers 13:00 – 13:30
17:00 20:00	Accueil, inscription et coaching 17:00 – 18:00 et 19:30 – 20:00				
	Cardio boxe 18:00 – 18:45	Pilates 18:00 – 18:45	Body Barre 18:00 – 18:45	HIIT 18:00 – 18:45	Cuisses-Abdos-Fessiers 17:30 – 18:15
	Full Body 19:00 – 19:45	Cross training 19:00 – 19:45	Free Cardio 19:00 – 19:45	Body Barre 19:00 – 19:45	Zen 18:30 – 19:00



Intensité supérieure



Intensité modérée

