

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10H30 ABDOS 30' STRETCHING 15'	10H30 BODY SCUPLT 45'	10H30 PILATES / RENFO MUSCLE PROFOND 45'	10H30 GYM TONIC 45'	10H30 PILATES / TRAVAIL POSTURAL 45'
18H30 GYM TONIC 45'	18H30 CROSS TRAINING 45'	18H30 BODY BARRE 45'	18H30 CROSS TRAINING 45'	18H30 CUISSSES ABDOS FESSIERS 45'
19H15 MOOVE ATTACK 45'	19H15 CUISSSES ABDOS FESSIERS 45'	19H15 TOTAL CARDIO 30'	19H15 ABDOS FESSIERS 30'	19h15 CIRCUIT MIXTE 45'
		19H45 CROSS TRAINING 45'	19H45 PILATES 45'	