

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
MATIN	9H30 (60') <i>PILATES</i>		9H30 (60') <i>PILATES</i>			11H30 (45') <b>LES MILLS</b> <b>RPM</b>
MIDI	12H30 (45') <b>LES MILLS</b> <b>BODYPUMP</b>	12H30 (45') <b>LES MILLS</b> <b>BODYBALANCE</b>	12H30 (45') <b>LES MILLS</b> <b>RPM</b>	12H30 (45') <b>LES MILLS</b> <b>BODYCOMBAT</b>	12H30 (45') <b>LES MILLS</b> <b>CXWORX</b> <i>Stretch</i>	
SOIR	18H (45') <b>LES MILLS</b> <b>BODYPUMP</b>	18H15 (30') <b>LES MILLS</b> <b>CXWORX</b>	18H (45') <b>LES MILLS</b> <b>BODYBALANCE</b>	18H15 (45') <b>LES MILLS</b> <b>RPM</b>	18H (45') <b>LES MILLS</b> <b>BODYCOMBAT</b>	
	18H (45') <b>LES MILLS</b> <b>RPM</b>	18H45 (45') <b>LES MILLS</b> <b>BODYCOMBAT</b>	18H30 (45') <b>LES MILLS</b> <b>RPM</b>	19H (45') <b>LES MILLS</b> <b>CXWORX</b> <i>Stretch</i>	18H45 (45') <b>LES MILLS</b> <b>BODYPUMP</b>	
	18h45 (45') <b>LES MILLS</b> <b>BODYBALANCE</b>	19H30 (45') <b>CAF</b>	18H45 (45') <b>LES MILLS</b> <b>BODYATTACK</b>			
	19H30 (45') <b>LES MILLS</b> <b>BODYATTACK</b>	19H45 (45') <b>LES MILLS</b> <b>RPM</b>	19H30 (45') <b>LES MILLS</b> <b>BODYPUMP</b>	19H45 (45') <b>LES MILLS</b> <b>SH'BAM</b>	19H30 (45') <b>LES MILLS</b> <b>BODYBALANCE</b>	