

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9h – 9h45 TRX		10h – 10h45 Renforcement Musculaire		10h – 10h45 JUMPING	10h15 – 11h Renforcement Musculaire	10h – 10h45 JUMPING
	16h15 – 17h TRX		16h15 – 17h TRX			
	17h – 17h45 BODY BALANCE	17h – 17h45 STEP AEROBIC	17h – 17h45 ZUMBA			
18h – 18h45 JUMPING	18h – 18h45 STEP AEROBIC	18h – 18h45 Renforcement Musculaire	17h45 – 18h30 Renforcement Musculaire	18h – 18h45 PILOXING		
19h- 19h45 ZUMBA	19h – 19h45 JUMPING	19h – 19h45 PILOXING	18h45 – 19h30 JUMPING			
19h15 – 20h Renforcement Musculaire						