






















Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30 Step +Workout	9h30 Functional Circuit	9h30  ZUMBA CORE	9h30  TRX Suspension Training CIRCUIT	9h30 pilates 	9h30  TRX Suspension Training CIRCUIT
10h15 pilates 	New 10h15  Power Yoga	10h15 pilates +Stretch 	10h00 Training Stretch 	10h15  TRX Suspension Training Fusion	10h00 Core Training
					10h30 pilates +Stretch 
12h30  TRX Suspension Training CIRCUIT				New 12h30  TRX Suspension Training Fusion	Dimanche
18h00 Functional Circuit	18h00 Training Step		New 18h00  TRX Suspension Training Fusion	18h00 Core Training	10h30 Functional Circuit
18h45  ZUMBA fitness	18h45 pilates 	 Pensez à vous munir de baskets propres, d'une serviette et d'une bouteille d'eau	18h30  ZUMBA Express	18h30 Training Step	Ouverture Dimanche Trêve hivernale du 17 décembre au 15 avril
19h30 pilates +Stretch 	19h30 Core Training		19h00 pilates 	New 19h15  Power Yoga	
	20h00  TRX Suspension Training CIRCUIT		19h45 Core Training		