

Heures	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche			
08h00	FERME	MUSC /CARDIO	FERME	MUSC /CARDIO	FERME	FERME	FERME			
08h15	FERME	MUSC /CARDIO	FERME	MUSC /CARDIO	FERME	FERME	FERME			
08h30	FERME	MUSC /CARDIO	FERME	MUSC /CARDIO	FERME	FERME	FERME			
08h45	FERME	MUSC /CARDIO	FERME	MUSC /CARDIO	FERME	FERME	FERME			
09h00	FERME	MUSC /CARDIO	FERME	MUSC /CARDIO	FERME	FERME	FERME			
09h15	FERME	MUSC /CARDIO	FERME	MUSC /CARDIO	FERME	FERME	FERME			
09h30	FERME	MUSC /CARDIO	FERME	MUSC /CARDIO	FERME	FERME	FERME			
09h45	FERME	MUSC /CARDIO	FERME	MUSC /CARDIO	FERME	FERME	FERME			
10h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO			
10h15	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO			
10h30	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO			
10h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO			
11h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	ZUMBA			
11h15	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	ZUMBA			
11h30	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	ZUMBA			
11h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	ZUMBA			
12h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO			
12h15	CYCLING	BODY PUMP	BODY PUMP	CYCLING	CP	BODY DANCE	CYCLING	CAF	BOOT CAMP	MUSC /CARDIO
12h30	CYCLING	BODY PUMP	BODY PUMP	CYCLING	CP	BODY DANCE	CYCLING	CAF	BOOT CAMP	MUSC /CARDIO
12h45	CYCLING	BODY PUMP	BODY PUMP	CYCLING	CP	BODY DANCE	CYCLING	CAF	BOOT CAMP	MUSC /CARDIO
13h00	AF	BODY PUMP	AF	BODY DANCE	STRETCHING	BOOT CAMP	MUSC /CARDIO			
13h15	AF	ABDOS POWER	AF	BODY DANCE	STRETCHING	ABDOS POWER	MUSC /CARDIO			
13h30	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	ABDOS POWER	MUSC /CARDIO			
13h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO			
14h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
14h15	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
14h30	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
14h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
15h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
15h15	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
15h30	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
15h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
16h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
16h15	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
16h30	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
16h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
17h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
17h15	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
17h30	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
17h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME			
18h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME	FERME			
18h15	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME	FERME			
18h30	MUSC /CARDIO	MUSC /CARDIO	CYCLING	MUSC /CARDIO	MUSC /CARDIO	FERME	FERME			
18h45	MUSC /CARDIO	MUSC /CARDIO	CYCLING	MUSC /CARDIO	ZUMBA	FERME	FERME			
19h00	BODY PUMP	CARDIO FIGHT	CYCLING	BODY DANCE	ZUMBA	FERME	FERME			
19h15	BODY PUMP	CARDIO FIGHT	CYCLING	BODY DANCE	ZUMBA	FERME	FERME			
19h30	BODY PUMP	CARDIO FIGHT	BODY PUMP	BODY DANCE	ZUMBA	FERME	FERME			
19h45	BODY PUMP	CARDIO FIGHT	BODY PUMP	STRETCHING	MUSC /CARDIO	FERME	FERME			
20h00	ABDOS POWER	STRETCHING	BODY PUMP	STRETCHING	MUSC /CARDIO	FERME	FERME			
20h15	ABDOS POWER	STRETCHING	BODY PUMP	MUSC /CARDIO	MUSC /CARDIO	FERME	FERME			
20h30	MUSC /CARDIO	MUSC /CARDIO	BODY PUMP	SALSA	MUSC /CARDIO	FERME	FERME			
20h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	SALSA	MUSC /CARDIO	FERME	FERME			
21h00	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	SALSA	MUSC /CARDIO	FERME	FERME			
21h15	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	SALSA	MUSC /CARDIO	FERME	FERME			
21h30	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME	FERME			
21h45	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	MUSC /CARDIO	FERME	FERME			

FERME:889293	FERME
ERME:889293	

**ABDOS POWER**

COURS DE RENFORCEMENT SUR LES ABDOS

**ABDOS TAILLE****AF**

COURS DE RENFORCEMENT MUSCULAIRE AXE SUR ABDOS ET LES FESSIERS

**BODY DANCE**

COURS DE DANSE CARDIO

**BODY PUMP**

COURS DE RENFORCEMENT GENERAL AVEC BARRE

**BOOT CAMP**

COURS DE RENFO AXE SUR UN CIRCUIT D'ENTRAINEMENT

**CAF**

COURS DE RENFORCEMENT MUSCULAIRE AXE SUR LES CUISSES ABDOS ET LES FESSIERS

**CARDIO FIGHT**

COURS CARDIO AVEC MOUVEMENT TIRES DES ARTS MARTIAUX.

**CP**

COURS DE RENFORCEMENT GENERAL HAUT DU CORPS AVEC PETITS MATERIELS

**CYCLING**

COURS DE CARDIO -TRAINING

**FERME**

CLUB FERME

**MUSC /CARDIO**

PLATEAU / MUSCULATION / CARDIO

**SALSA**

DANSE

**STEP INT**

COURS CARDIO VASCULAIRE SUR UNE MARCHÉ AVEC CHOREGRAPHIE

**STRETCHING**

COURS D'ETIREMENT MUSCULAIRE .

**ZUMBA**

COURS CARDIO AVEC CHOREGRAPHIE , FAIBLE IMPACT