



	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9h15					
10h15	Body Sculpt	Circuit training	Dos / Abdos Renforcement et étirements	Gym douce	
10h15		Pilates			
10H30				Yoga	
11h					
11h	Stretching / relaxation				
11h15					
11h30					
18h30	Pilates Petits matériels				
19h			Balance fit	Pilates	
19h30					
19h30	Step		Box fit		
20h					
20h15	Body Sculpt & stretching				
20h15					
21h15					