

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H15						
10H						GYM ZEN 45'
10H						HBX BOXING <small>CIRCUIT</small>
10H30	TRX	GYM ZEN 45'		CORE TRAINING		
11H						LES MILLS RPM
11H						ZUMBA <small>fitness</small>
12H30	LES MILLS BODYPUMP™	TRX				
12h30	CALORIES KILLER		CAF 45'	LES MILLS RPM	CORE TRAINING	
18H		LES MILLS SH'BAM	LES MILLS RPM			
18H30					MASTER BIKE 1H	
18H30	TRX		LES MILLS BODYCOMBAT	LES MILLS BODYPUMP™	ABDOS FESSIERS 30'	
18H45	CAF 45'	HBX BOXING <small>CIRCUIT</small>		TRX	HBX BOXING <small>CIRCUIT</small>	
19H	LES MILLS RPM	LES MILLS BODYPUMP™	X TREM		STRETCH 30'	
19h30	LES MILLS BODYCOMBAT	X TREM	GYM ZEN 45'	LES MILLS SH'BAM	CALORIES KILLER	
19H30			HBX BOXING <small>CIRCUIT</small>	LES MILLS RPM		
20H	HBX BOXING <small>CIRCUIT</small>	BIKE EXPRESS 30'				