

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					10 h 45 - 11 h 30 LES MILLS RPM
12 h 30 - 13 h - 00 CROSS TRAINING	12 h 30 - 13 h 00 LES MILLS BODYPUMP	12 h 30 - 13 h 00 LES MILLS GRIT	12 h 30 - 13 h 00 HBX boxing	12 h 30 - 13 h 00 LES MILLS CORE	
18 h 00 - 18 H 30 LES MILLS GRIT	18 h 00 - 18 h 45 CAF CUISSES ABDOS FESSIERS	18 h 00 - 18 h 30 LES MILLS CORE	18 h - 18 h 45 LES MILLS BODYPUMP	18 h 00 - 18 h 30 LES MILLS CORE	
18 h 30 - 19 h 15 LES MILLS BODYPUMP	18 h 30 - 19 h 30 BODY WORKOUT	18 h 30 - 19 h 15 LES MILLS BODYPUMP	18 h 45 - 19 h 30 LES MILLS RPM		
	18 h 45 - 19 h 30  ZUMBA®		19 h 00 - 19 h 30 HBX boxing	18 h 45 - 19 h 15 LES MILLS GRIT	
19 h 30 - 20 h 30  ZUMBA®			19 h 30 - 20 h 30 HBX boxing		
19 h 30 - 20 h15 LES MILLS RPM	19 h 30 - 20 h 30 BODY WORKOUT	19 h 30 - 20 h 15 LES MILLS BODYBALANCE	19 h 30 - 20 h15 LES MILLS BODYCOMBAT		