



HEURE	Lundi 8h-21h	Mardi 8h-21h	Mercredi 8h-21h	Jeudi 8h-21h	Vendredi 8h-21h	Samedi 9h-14h	Dimanche 9h-13h					
09:15	CROSS TRAINING Olac	FLOW BALANCE Nathalie	CAF Jonathan		TOTAL BODY Nathalie	FLOW BALANCE Valérie	RPM VIDEO					
09:45				FLOW BALANCE Valérie		RPM VIDEO						
10:30		VELO BIKING Nathalie			FLOW BALANCE Nathalie			RPM VIDEO				
12:30	CREADIAZ® CARDIO Jonathan	TOTAL BODY Nathalie	BODY BARRE Alexandra	CROSS TRAINING Olac	VELO BIKING Nathalie				RPM VIDEO			
17:30	STEP Alexandra	PILATES Nathalie	CAF Jonathan	BODY BARRE Léa	PILATES Alexandre					RPM VIDEO		
18:30	VELO BIKING Alexandra	BODY BARRE Nathalie	VELO BIKING Jonathan	CARDIO BOXE Léa	ZUMBA Jonathan						RPM VIDEO	
19:30	DANSE Alexandra	VELO BIKING Nathalie										RPM VIDEO