

JOURS	lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30 10h00		9h30 Pilates 60'				10h00 Fac 45'
11h00 11h30 12h00	11h Pilates 60'			11h Pilates 60'		10h45 Csculpt 30' 11h15 Pilates 60'
12 h15	Aérofit 45'	Swiss-ball 45'	Pilates 60'	Fac 45'	Pilates 60'	12h30 Pilates 60'
13h00	Abdos 15'	Fessiers 15'		Stretch 15'		
17h15 17h30	17h15 Abdos 15' Fessiers 15'	17h15 Pilates 60'	17h15 Pump 30'	17h45 Fac- cardio 30'		
17h45	17h45 Cardio-sculpt 45'		17h45 Fac 30'	18h15 Cardio- step 30'	17h30 Cardio- sculpt 30'	
18h15	18h15 Pilates 60'	18h30 Pilates 60'	18h15 Aérofit 30'	18h45 Stretching relaxation 30'	18h00 Fac 45'	
19h00 19h30	19h30 Fac 45'		19h00 Initiation YOGA relaxation 45'	19h15 Pilates 60'	18h45 stretching 15'	
20h15	20h15 Pilates 60'		19h45 Pilates 60'			

