

	lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
		9h30 Pilates 60'			9h15 Pilates 60'	8h45 Pilates 60' 10h00 Fac 45'
	11h Pilates 60'			11h Pilates 60'		10h45 C-sculpt 30' 11h15 Pilates 60'
12 h15	12h15 Aérofit 45'	12h15 Swiss-ball 45'	12h15 Pilates 60'	12h15 Fac 45'	12 h15 Pilates 60'	
13h00	Abdos 15'	Fessiers 15'		relaxation 15'		
	17h30 Abdos 15'	17h15 Pilates 60'	17h30 dos-pecs ou Bras 15'	17h30 Swiss-ball 30'		
	17h45 Epaules-bras Cuisses Fessiers 45'	18h30 Pilates 60'	17h45 Abdos cuisses Fessiers 45'	18h00 Abdos Fessiers 15'		
	18h30 Pilates 60'		18h30 Initi yoga Relaxation 45'	18h15 Cardio-step 30'		
	20h00 Pilates 60'		19h15 Pilates 60'	19h00 Pilates 60'		