

	lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
		9h30 Pilates 60'			9h15 Pilates 60'	10h00 Fac 45'
	11h Pilates 60'			11h Pilates 60'		10h45 Csculpt 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'		
	17h15 Abdos 15'	17h15 Pilates 60'	17h30 Pump 30'	17h30 Swiss-ball 60'		
	17h30 Cardio-sculpt Fessiers 45'	18h30 Pilates 60'	18h00 Fac Cardio 45'	18h15 Fessiers 15'		
	18h15 Pilates 60'		18h45 Initi yoga Relaxation 45'	18h30 Cardio-step 30'		
	19h30 Circuit FAC Cardio 45'		19h30 Pilates 60'	19h00 Pilates 60'		
	20h15 Pilates 60'					
