

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

