

| JOURS | lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi |
|-----------------------------|-----------------------------------|-----------------------------|--------------------------------|--------------------------------------|-------------------------|--|
| 9h30 10h00 | | 9h30 Pilates 60' | | | | 10h00 Fac 45' |
| 11h00 11h30 12h00 | 11h Pilates 60' | | | 11h Pilates 60' | | Cardio - sculpt 30' 11h15 Pilates 60' |
| 12 h15 | 12h15 Aérofit 45' | 12h15 Swiss-ball 45' | 12h15 Pilates 60' | 12h15 Fac 45' | 12h15 Pilates 60' | |
| 13h00 | Abdos 15' | Fessiers 15' | | relaxation 15' | | |
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| 17h15 | 17h15 Abdos 15' | 17h15 Pilates 60' | 17h30 pump 30' | 17h15 Pilates 60' | | |
| 17h30 | 17h30 Cardio-sculpt 45' | 18h30 Pilates 60' | 18h00 Aérofac 45' | 18h15 Fac-cardio 45' | | |
| 18h15 | 18h15 Pilates 60' | | 18h45 Stretching 15' | 19h00 Basic step Cardio 30' | | |
| | 19h30 Fac 45' | | | 19h30 Pilates 60' | | |
| | 20h15 Pilates 60' | | | | | |
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SEMAINE DU 23 AU 28 AVRIL 2018

