

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	12 h15 Aérofit 45'	12 h15 Swiss-ball 45'	12 h15 Pilates 60'	12 h15 Fac 45'	12h15 Pilates 60'	12h30 Pilates 60'
13h00	Abdos 15'	Fessiers 15'		relaxation 15'		
17h15	17h15 Abdos 15'	17h15  Pilates 60'	17h30  pump 30'	17h15  Pilates 60'	17h30 Swiss-ball Dos - abdos 30'	
17h30	17h30  Cardio-sculpt 45'	18h30  Pilates 60'	18h00 Aérofac 45'	18h15  Fac-cardio 45'	18h00  Fac- cardio 45'	
18h15	18h15 Pilates 60'		18h45 initiation yoga relaxation 45'	19h00 Basic step Cardio 30'	18h45 stretching relaxation 15'	
	19h30 Fac 45'		19h30 Pilates 60'	19h30 Pilates 60'		
	20h15 Pilates 60'					

