JOURS	lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h30 10h00		9h30 Pilates 60'				10h00 Fac 45'
11h00 11h30 12h00	11h Pilates 60'			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'	12 h15 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'	18h45 Basic step Cardio 30'	18h45 stretching relaxation 15'	
	19h30 Fac 45'		19h30 Pilates 60'	19h15 Pilates 60'		
	20h15 Pilates 60'					