

JOURS	lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
		9h30 Pilates 60'				10h00 Fac cardio
11h00	11h00 Pilates 60'					10h45 Csculpt 30' 11h15 Pilates 60'
12h15  13h00	12h15 Cardio-sculpt 45'  Abdos 15'	12h15 Swiss-ball 45'  Fessiers 15'	12h15 Pilates  60'			
17h15	17h15 Abdos 15'	17h15 Pilates 60'				
17h30	17h30 Cardio-sculpt Fessiers 45'	18h30 Pilates 60'	17h30 Pump 30'			
	18h15 Pilates  60'		18h00 Fac-cardio 45' stretching 15'			
	19h30 Fac 45'		19h15 Pilates 60'			
	20h15 Pilates 60'					

**Semaine du 4 septembre 2017**