

sept-11

	SALLE 1					
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H15	Spécial Top	Bodysculpt		Leg lifting	Bodysculpt	PUMP
9H45	Abdos-taille					
10H		Pilates		Spécial Top		
10H15	Leg lifting				Abdos-taille	Yoga
10H30				Stretching		
10H45	Stretching				Stretch flash	
12H30	Pilates	C.A.F.	PUMP	Bodysculpt		
17H30	Bodysculpt	C.A.F.	BALANCE	PUMP	Abdos-taille	
18H					ATTACK	
18H15		Total abdos				
18h30	STEP		ATTACK	COMBAT		
18H45		L.I.A.				
19H					Zumba	
19H15	COMBAT					
19H30		PUMP	C.A.F.	BALANCE		
20H					D. orientale	
20H15			Stretch flash			

	STUDIO RPM					
10H15						45 min
12H30					45 min	
17H30	45 min	45 min	45 min	45 min		
18H					45 min	
18H30				45 min		
18H45		45 min				
19H15	45 min					
19H30			45 min			

	PISCINE					
9H15			A.biking 45'			
10H15	A.biking 45'				A.biking 45'	
11H		A.gym 30'		A.gym 30'		
11H15						A.gym 45'
16H	A.gym 45'	A.biking 45'	A.gym 45'	A.biking 45'	A.gym 45'	
17H30	A.biking 45'	A.biking 45'	A.biking 45'	A.biking 45'	A.gym 45'	
18H30	A.gym 45'		A.gym 45'			
19H30		A.gym 30'	A.biking 30'	A.gym 30'	A.biking 30'	
20H	A.biking 30'					

OUVERT DU LUNDI AU VENDREDI DE 8H A 21H ET LE SAMEDI DE 9H A 16H30