

SALLE 1

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9H15	Spécial Top	Bodysculpt		Leg lifting	Bodysculpt	PUMP
9H45	Leg lifting					
10H		Pilates		Spécial Top		
10H15	Abdos-Taille				Abdos-Taille	Yoga
10H30				Stretching		Débutant 10h15
10H45	Stretching				Stretch flash	Confirmé 11h15
12H30	C.A.F.	SH'BAM	PUMP	Bodysculpt	CT	
17H00		CT				
17H30	Bodysculpt	C.A.F.	BALANCE	PUMP	Abdos-Taille	
18H					ATTACK	
18H15		Total abdos				
18H30	STEP / CT		ATTACK	COMBAT		
18H45		SH'BAM				
19H					SH'BAM	
19H15	COMBAT	PUMP				
19H30			C.A.F.	BALANCE		

STUDIO RPM

10H15						45 min
12H30		30 min			45 min	
17H30	45 min	30 min	45 min	45 min		
18H15					30 min	
18H30		45 min		45 min		
18H45						
19H15	45 min					
19H30			45 min			

PISCINE

9H15			A.biking 45'			
10H15	A.biking 45'				A.biking 45'	
11H		A.gym 30'		A.gym 45'		A.gym 45'
11H15						
12H30				A.biking 45'		
14H	A.biking 45'				A.biking 45'	
15H	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'					