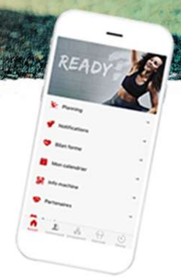
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h00-10h45 CAF				10h00-11h00 BODYPUMP	10h30-11h15 BODYPUMP	10h30-11h15 BODYPUMP
10h45-11h30 CIRCUIT TRAINING					11h15-11h50 CAF	11h15-12h00 CIRCUIT FESSIERS
					11h50-12h15 YOGA	12h00-12h30 SPECIAL ABDOS
12h30-13h00 SPECIAL ABDOS				12h30-13h30 BODYPUMP		
13h00-13h30 ABDOS FESSIERS						
18h00-19h00 HIIT TRAINING	18h00-18h45 CAF	18h00-18h45 HIIT TRAINING		18h00-18h45 CAF		
19h00-20h00 HIIT TRAINING	19h00-19h45 CIRCUIT TRAINING	18h45-19h30 BIKING		18h45-19h30 ZUMBA		
				19h30-20h00 SPECIAL ABDOS		



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