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| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
| 10h00 – 10h45Stretching*Rudy* | 10h00-10h45STRETCHING*Billy* | 10h00-10h45STRETCHING*Rudy* | 10h00-10h30Abdos*Rudy* | 10h00-10h45PILATES*Grégory* |  |  |
| 10h45 – 11h15Abdos Fessiers*Rudy* | 10h45-11h30CAF*Billy* | 10h45-11h30CAF*Rudy* | 10h30-11h15BODY PUMP*Rudy* | 10h45-11h30CAF*Grégory* | 10h30-11h30BODY BARRE*Cheryl* | 10h30-11h30BIKING*Amirouche* |
| 11h15 – 12h00BODY PUMP*Rudy* | 11h30-12h15BODY BARRE*Billy* |  |  | 12h15-13h00BODY SCULPT*Grégory* | 11h30-12h30ZUMBA*Cheryl* | 11h30-12h30BOOT CAMP*Amirouche* |
| 12h15-13h00PILATES*Rudy* | 12h15-13h00BIKING*Billy* | 12h15-13h00BODY SCULPT*Rudy* | 12h15-13h00BIKING*Rudy* | 13h00-13h30ABDOS DOS*Grégory* | 12h30-13h30PILATES*Cheryl* | 12h30-13h15PILATES*Amirouche* |
| 13h00-13h45BODY SCULPT*Rudy*  | 13h00-13h30CROSS TRAINING*Billy* | 13h00-13h45BIKING*Rudy* | 13h00-13h45CROSS TRAINING*Rudy* |  |  |  |
|  |  |  |  |  |  |  |
| 17h45-18h30CAF*Cheryl* | 17h30-18h15PILATES*Cheryl* | 18h00-18h45CROSS TRAINING*Julien* | 17h30-18h15BODY SCULPT*Grégory* | 17h30-18h15BODY BARRE*Maud* | 14h30-15h15BIKING*Rudy* |  |
| 18h30-19h30ZUMBA *Cheryl* | 18h15-19h00STEP*Cheryl* | 18h45-19h30ZUMBA*Julien* | 18h15-19h00PILATES*Gregory* | 18h15-19h00BIKING*Maud* | 15h15-16h00BODY BARRE*Rudy* |  |
| 19h30-20h15BOOT CAMP*Cheryl* | 19h00-20hBOOT CAMP*Cheryl* | 19h30-19h45ABDOS FLASH*Julien* | 19h00-19h45STEP*Gregory* | 19h00-19h30ABDOS FESSIERS*Maud* | 16h00-16h45STRETCHING*Rudy* |  |
| 20h15-21hBODY ATTACK*Cheryl* | 20h00-20h45CAF*Cheryl* | 19h45-20h30BODY SCULPT*Julien* | 19h45-20h15CAF*Gregory* | 19h30-20h30ZUMBA*Cheryl* |  |  |
| 21h00-21h45BIKING*Cheryl* | 20h45-21h45FLOW BALANCE*Cheryl* |  | 20h15-20h30STRETCHING*Gregory* | 20h30-21h30FLOW BALANCE*Cheryl* |  |  |