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LUNDI 09H00-21H00	MARDI 09H00-21H30	MERCREDI 10H00-21H00	JEUDI 09H00-21H30	VENDREDI 09H00-21H00	SAMEDI 09H30-18H00	DIMANCHE 09H30-17H00
 <b>LES MILLS BODYPUMP</b> 9h30 (60')	BODY SCULPT 9h30 (60')	VIDEO	BODY SCULPT 9h30 (60')	T.A.F 09h30 (45')	BODY SCULPT 09h45 (45')	BODY SCULPT 09h45 (60')
T.A.F 10h30 (45')	BODY YOGA 10h30 (60')		PILATES 10h30 (45')	 <b>LES MILLS RPM</b> 10h15 (45')	STRETCHING 10h30 (30')	STRETCHING 10h45 (30')
STRETCHING 11h15 (30')	VIDEO FITNESS	FITNESS	VIDEO FITNESS	PILATES 11H00 (45')	 <b>LES MILLS BODYSTEP</b> 11h00 (45')	CIRCUIT 11H15 (30')
 <b>LES MILLS CXWORX</b> 12h15 (30')	 <b>LES MILLS BODYPUMP</b> 12h15 (30')	PILATES 12h15 (60')	 <b>LES MILLS RPM</b> 12H15 (45')	ABDO FESSIER 12h15 (30')	 <b>LES MILLS BODYPUMP</b> 11h45 (45')	 <b>LES MILLS CXWORX</b> 11h45 (30')
BODY SCULPT 12h45 (30')	FES.CUISSSES 12h45 (30')		ABDOS FLASH 13H00 (15')	BODY SCULPT 12h45 (30')	VIDEO FITNESS 15H00 (30')	 <b>LES MILLS RPM</b> 12H15 (60')
VIDEO FITNESS	VIDEO FITNESS	VIDEO FITNESS	VIDEO FITNESS	VIDEO FITNESS	 <b>ZUMBA fitness</b> 16h00 (60')	FITNESS*
BODY SCULPT 17H00 (30')	TAILLE ABDOS 17H30 (30')	ABDO FESSIER 17H00 (30')	BODY SCULPT 17h00 (45')	BODY SCULPT 17h00 (45')	VIDEO FITNESS *avec suppl	
ABDO FESSIER 17H30 (30')	FES.CUISSSES 18H00 (30')	BODY SCULPT 17h30 (30')	BODY YOGA 17H30 (45')	 <b>LES MILLS CXWORX</b> 17h45 (30')	 <p><b>01.48.73.15.22</b></p> <p><b>SERVIETTE OBLIGATOIRE SUR MACHINES ET TAPIS DE SOL. SE MUNIR D'UN CADENAS POUR VESTAIRE</b></p> <p><b>*RPM COURS SUR RESERVATION</b></p>  <p><b>TECHNOGYM</b> The Wellness Company™</p>	
STRETCHING 18H00 (30')	 <b>LES MILLS CXWORX</b> 18H30 (30')	STRETCHING 18h00 (30')	 <b>LES MILLS BODYPUMP</b> 18H15 (45')	 <b>LES MILLS RPM</b> 18H15 (60')		
 <b>LES MILLS BODYSTEP</b> 18H30 (45')	 <b>LES MILLS BODYCOMBAT</b> 19H00 (45')	 <b>ZUMBA fitness</b> 18h30 (45')	ABDO FESSIER 19H00 (30')	PILATES 19H15 (45')		
 <b>LES MILLS CXWORX</b> 19H15 (30')	PILATES 19H45 (45')	CARDIO DANSE 19h15 (45')	 <b>ZUMBA fitness</b> 19H30 (45')	VIDEO FITNESS		
BODY SCULPT 19H45 (60')	 <b>LES MILLS RPM</b> 20H30 (45')	 <b>LES MILLS CXWORX</b> 20H (45')	RELAXING 20H15 (45')			

Planning non contractuel donné à titre indicatif. Nous nous réservons le droit à toutes modifications

Remplacement par video fitness en cas d'absence d'un professeur

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