

À partir du 05/09/2022

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	
10h/10h45							
11h/11h45						Surprise	
12h/12h30							
12h30/13h15	Bike ou Calorie Killer	Body Sculpt	Pilates	Fit Boxing	Body Barre		
13h/14h							
14h/15h							
15h/16h			Semaine A	Semaine B			
17h/17h45	Body Sculpt	Cardio Fit	A.F	A.F	Cardio Fit	C.A.F	
18h/18h45	Baïla	Body Barre	Cardio Fit	C.A.F	Step	Bike	
19h/19h45	Cardio Fit	Step	Calorie Killer	Body Sculpt	Fit Boxing	Body Barre	Pilates ou Stretching
20h/20h45	Pilates	Abdos Fessiers					
21h/21h45							