

	<b>LUNDI</b> <b>FERIE - FERME</b>	<b>MARDI</b> <b>8H30 - 21H30</b>	<b>MERCREDI</b> <b>8H30 - 21H30</b>	<b>JEUDI</b> <b>8H30 - 21H30</b>	<b>VENDREDI</b> <b>8H30 - 21H30</b>	<b>SAMEDI</b> <b>9H - 18H</b>
9h30 - 10h30			<u>Coach Plateau</u> Tiffany 8h30-14h00	<u>Coach Plateau</u> Alexis 8h30-13h30	<u>Coach Plateau</u> Tiffany 8h30-14h00	<u>Coach Plateau</u> Alexis 9h-12h30
10h00 - 11h00						
10h30 - 11h15			<u>Circuit Muscu</u> (Tiffany)	<u>Circuit Muscu</u> (Alexis)	<u>Circuit Muscu</u> (Tiffany)	
10h30 - 11h30						
12h30 - 13h15		<u>Cardio Boxe</u> (Jeremy)	<u>Circuit Training</u> (Jeremy/Tiffany)	<u>Cycling</u> (Jeremy/Alexis)	<u>Cross Training</u> (Jeremy/Tiffany)	<u>Coach Plateau</u> 1 semaine/2 -Wendy 12h30-18h -Raphaël 12h30-18h
17h45 - 18h30		<u>Circuit Training</u> (Jeremy)	<u>Conseils Minceur</u> (Blandine/sur rv)	<u>Cycling</u> (Arnaud)	<u>Cross Training</u> (Jeremy/Alexis)	
18h15 - 19h15		<u>Cross Training</u> (Steven)	<u>Cross Training</u> (Steven)	<u>Cross Training</u> (Alex)	<u>Conseils Minceur</u> (Blandine/sur rv)	
18h30 - 19h15		<u>Cardio Boxe</u> (Jeremy)	<u>Body Sculpt</u> (Loïse)	<u>CAF</u> (Arnaud)	<u>Cardio Boxe</u> (Jeremy/Alexis)	
19h15 - 20h00		<u>Cycling</u> (Jeremy)	<u>Cycling</u> (Loïse)	<u>Body Sculpt</u> (Arnaud)	<u>Cycling</u> (Jeremy)	
19h15 - 20h15		<u>Cross Training</u> (Steven)	<u>Cross Training</u> (Steven)	<u>Cross Training</u> (Alex)		
		<u>Coach Plateau</u> Laurent 17h-21h30	<u>Coach Plateau</u> Laurent 17h-21h30	<u>Coach Plateau</u> Laurent 17h-21h30	<u>Coach Plateau</u> Alexis 17h-21h30	