

	LUNDI 8H30 - 21H30	MARDI 8H30 - 21H30	MERCREDI 8H30 - 21H30	JEUDI 8H30 - 21H30	VENDREDI 8H30 - 21H30	SAMEDI 9H - 18H
9h30 - 10h30	Pilates Confirmé (Marielle)		Coach Plateau <i>Tiffany 8h30-14h00</i>	Coach Plateau <i>Alexis 8h30-13h30</i>	Coach Plateau <i>Tiffany 8h30-14h00</i>	Coach Plateau <i>Alexis 9h-12h30</i>
10h00 - 11h00				Pilates Mixte (Marielle)		Stage Boxe Yohan LIDON 10h30 - 12h00
10h30 - 11h15			Circuit Muscu (Tiffany)	Circuit Muscu (Alexis)	Circuit Muscu (Tiffany)	
10h30 - 11h30	Pilates Débutant (Marielle)					
12h30 - 13h15	Pilates Mixte (Marielle)	Cardio Boxe (Jeremy)	Circuit Training (Jeremy/Tiffany)	Cycling (Jeremy/Alexis)	Cross Training (Jeremy/Tiffany)	Coach Plateau <i>Raphael 12h30-18h</i>

17h45 - 18h30	Body Sculpt (Arnaud)	Circuit Training (Jeremy)	Conseils Minceur (Blandine/sur rv)	Cycling (Arnaud)	Cross Training (Jeremy/Alexis)
18h15 - 19h15	Cross Training (Benoit)	Cross Training (Steven)	Cross Training (Steven)	Cross Training (Benoit)	Conseils Minceur (Blandine/sur rv)
18h30 - 19h15	Cycling (Arnaud)	Cardio Boxe (Jeremy)	Body Sculpt (Loïse)	CAF (Arnaud)	Cardio Boxe (Jeremy/Alexis)
19h15 - 20h00	CAF (Arnaud)	Cycling (Jeremy)	Cycling (Loïse)	Body Sculpt (Arnaud)	Cycling (Jeremy)
19h15 - 20h15	Cross Training (Benoit)	Cross Training (Steven)	Cross Training (Steven)	Cross Training (Benoit)	
	Coach Plateau <i>Laurent 17h-21h30</i>	Coach Plateau <i>Laurent 17h-21h30</i>	Coach Plateau <i>Laurent 17h-21h30</i>	Coach Plateau <i>Laurent 17h-21h30</i>	Coach Plateau <i>Alexis 17h-21h30</i>