

| | 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) | | |
| 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>1 semaine/2</i> <i>-Wendy 12h30-18h</i> <i>-Raphaël 12h30-18h</i> |

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| 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> |