

| | LUNDI 8H30 - 21H30 | MARDI 8H30 - 21H30 | MERCREDI 8H30 - 21H30 | JEUDI 8H30 - 21H30 | VENDREDI 8H30 - 21H30 | SAMEDI 9H - 18H |
|---------------|--|--|---|--|---|--|
| 9h30 - 10h30 | <u>Pilates Confirmé</u> (Marielle) | | <u>Coach Plateau</u> <i>Tiffany 8h30-14h00</i> | <u>Coach Plateau</u> <i>Alexis 8h30-13h30</i> | <u>Coach Plateau</u> <i>Tiffany 8h30-14h00</i> | <u>Coach Plateau</u> <i>Alexis 9h-12h30</i> |
| 10h00 - 11h00 | | | | <u>Pilates Mixte</u> (Marielle) | | |
| 10h30 - 11h15 | | | <u>Circuit Muscu</u> (Tiffany) | <u>Circuit Muscu</u> (Alexis) | <u>Circuit Muscu</u> (Tiffany) | |
| 10h30 - 11h30 | <u>Pilates Débutant</u> (Marielle) | | | | | |
| 12h30 - 13h15 | <u>Pilates Mixte</u> (Marielle) | <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> <i>1 semaine/2</i> <i>-Wendy 12h30-18h</i> <i>-Raphaël 12h30-18h</i> |
| 17h45 - 18h30 | <u>Body Sculpt</u> (Arnaud) | <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> (Christin) | <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>Cycling</u> (Arnaud) | <u>Cardio Boxe</u> (Jeremy) | <u>Body Sculpt</u> (Loïse) | <u>CAF</u> (Arnaud) | <u>Cardio Boxe</u> (Jeremy/Alexis) | |
| 19h15 - 20h00 | <u>CAF</u> (Arnaud) | <u>Cycling</u> (Jeremy) | <u>Cycling</u> (Loïse) | <u>Body Sculpt</u> (Arnaud) | <u>Cycling</u> (Jeremy) | |
| 19h15 - 20h15 | <u>Cross Training</u> (Christin) | <u>Cross Training</u> (Steven) | <u>Cross Training</u> (Steven) | <u>Cross Training</u> (Alex) | | |
| | <u>Coach Plateau</u> <i>Laurent 17h-21h30</i> | <u>Coach Plateau</u> <i>Laurent 17h-21h30</i> | <u>Coach Plateau</u> <i>Laurent 17h-21h30</i> | <u>Coach Plateau</u> <i>Laurent 17h-21h30</i> | <u>Coach Plateau</u> <i>Alexis 17h-21h30</i> | |