

MATIN

LUNDI 8H30 - 21H30	MARDI 8H30 - 21H30	MERCREDI 8H30 - 21H30	JEUDI 8H30 - 21H30	VENREDI 8H30 - 21H30	SAMEDI 9H00 - 18H00
				8H30 - 13H30 Présence Coach Plateau	9H00 - 11H30 Présence Coach Plateau
10H30 - 11H15 Stretching Salle 1	10H30 - 11H15 Gym Douce Salle 1	10H30 - 11H15 Circuit Training Salle 1	10H30 - 11H15 Stretching Salle 1	10H30 - 11H15 Circuit Training Salle 1	

MIDI

12H30 - 13H15 Circuit Training Salle 1	12H30 - 13H15 Boxing Salle 1	12H30 - 13H15 Circuit Training Salle 1	12H30 - 13H15 Cycling Salle 2	12H30 - 13H15 Cross Training Plateau	11H30 - 18H00 Accueil
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SOIREE

13H45 - 21H30 Présence Coach Plateau	16H45 - 21H30 Présence Coach Plateau	16H45 - 21H30 Présence Coach Plateau	15H00 - 21H30 Présence Coach Plateau	16H45 - 21H30 Présence Coach Plateau	
17H45 - 18H30 Full Pump Salle 1	17H45 - 18H30 Circuit Training Salle 1	18H15 - 19H00 Circuit Training Salle 1	18H15 - 19H00 Body Barre Salle 1	17H45 - 18H30 Conseils Minceur Sur Rv	
18H15 - 19H15 Cross Training Plateau	18H15 - 19H15 Cross Training Plateau	18H15 - 19H15 Cross Training Plateau	18H00 - 19H00 Cross Training Plateau	18H15 - 19H15 Cross Training Plateau	
18H30 - 19H15 Cycling Salle 2	18H30 - 19H30 Boxing Salle 1	19h00 - 19H45 Cycling Salle 2	19h00 - 19H45 Stretching Salle 1	18h30 - 19H15 Cycling Salle 2	
19H15 - 20H15 Cross Training Plateau	19H15 - 20H15 Cross Training Plateau	19H15 - 20H15 Cross Training Plateau	19H00 - 19H45 Conseils Minceur Sur Rv	19H15 - 20H15 Boxing Salle 1	