

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9 ^H 15 Super abdos-fessiers (45')	9 ^H 15 Pilates (45')	9 ^H 15 HBX Boxing (45') 	9 ^H 15 Body Pump (45')	9 ^H 15 Stretching Zen (45')	9 ^H 15 HBX Boxing (45') 	9 ^H 30 Pilates (45')
10 ^H 15 Hatha Yoga (60')	10 ^H 00 Body Balance (60')	10 ^H 30 Yoga Vinyasa (60')	10 ^H 15 Stretching Zen (45')	10 ^H Body Sculpt (45')	10 ^H 15 Body Pump (60')	10 ^H 15 Super abdos-fessiers (45')
		11 ^H 30 Atelier Yoga (30') 			11 ^H 15 Abdos, fessiers, dos (30')	11 ^H Body Balance (45')
12 ^H L'Atelier (45') 	12 ^H 30 Super abdos-fessiers (30') Cross training (45') 	12 ^H 30 Fessiers d'acier (30')	12 ^H 30 Cross training (45')  Yoga Vinyasa (45')	12 ^H 30 Pilates (45')	11 ^H 45 Stretching Zen (30')	 Renforcement musculaire  Effort cardio-vasculaire  Relaxation, bien-être  Activités en extérieures  Activités au 4^{ème} étage  Danse  Réservation obligatoire
12 ^H 45 Body Pump (45')	13 ^H Stretching Zen (30')	13 ^H Abdos en béton (30')			14 ^H (1 ^{ers} et 3 ^{èmes} du mois) Krav Maga (60') 	
18 ^H HBX Boxing (45') 					17 ^H Super abdos-fessiers (60')	
18 ^H 50 Body Pump (45')	18 ^H 15 Yoga Vinyasa (60')	18 ^H Super abdos-fessiers (45')	18 ^H Body Pump (45')	18 ^H Super abdos-fessiers (45')	18 ^H Stretching Zen (60')	
19 ^H Running Session (60') 	19 ^H 15 Body Jam (45')	18 ^H 45 Zumba (45')	18 ^H 45 Body Combat (45')	18 ^H 45 Body Attack (45')		
19 ^H 40 Body Combat (30')	19 ^H 30 Cross Training (45') 	19 ^H 30 Body Attack (45')	19 ^H 30 HBX Boxing (45') 	19 ^H 30 Body Balance (60')		
20 ^H 15 Cross Training (45')  Pilates (45')	20 ^H 15 Body Pump (45')	20 ^H 15 TRX HIIT (45') 	20 ^H 15 Cross training (45')  Yoga Restauratif (60')			

PLANNING FITNESS