

	9 H 15	10 H 00	10 H 15	10 H 45	11 H 00	12 H 30	14 H 30	14 H 45	15 H 15	15 H 30	16 H 00	16 H 45	17 H 00	17 H 15	17 H 30	17 H 45	18 H 15	18 H 30	19 H 00	19 H 15	19 H 30	20 H 00	20 H 15
Lun.	9:15 10:00 CAF (45'')	10:00 11:30 YOGA (90'')				12:30 13:15 BODYB (45'')	14:30 15:15 GT (45'')			15:30 16:15 AQ (45'')						17:45 18:30 BBEA (45'')	18:30 19:15 CB (45'')	19:15 20:00 BODYB (45'')					
		10:00 10:45 BBEA (45'')				12:30 13:15 AQ (45'')	14:45 15:30 ATAQ (45'')												19:15 20:00 SPI (45'')	20:00 20:45 ATG (45'')			
Mar.	9:15 10:00 BBEA (45'')	10:00 10:45 GC (45'')			11:00 11:45 AQ (45'')	12:30 13:15 SPI (45'')	14:30 15:15 BS (45'')			15:30 16:15 AQ (45'')			17:00 17:45 GT (45'')					18:30 19:15 PILAT (45'')	19:15 20:00 ZUM (45'')				
			10:15 11:00 SPI (45'')			12:30 13:15 PILAT (45'')	14:30 15:15 ATAQ (45'')						17:15 18:00 ATAQ (45'')					18:30 19:15 TENNI (45'')					
Mer.	9:15 10:00 BS (45'')	10:00 10:45 ZUM (45'')			11:00 11:45 AQ (45'')	12:30 13:15 BODYP (45'')	14:30 15:15 BFT (45'')				16:00 16:45 AQ (45'')					17:45 18:30 CAF (45'')	18:30 19:15 BODYB (45'')	19:15 20:00 ZUM (45'')	20:00 20:45 HIIT (45'')				
			10:15 11:00 ATAQ (45'')			12:30 13:15 AQ (45'')											18:30 19:15 SPI (45'')						
Jeu.	9:15 10:00 BODYP (45'')	10:00 10:45 CT (45'')	10:45 11:30 S (45'')			12:30 13:15 BBEA (45'')	14:30 15:15 CAF (45'')				16:00 16:45 AQ (45'')		17:00 17:45 BODYP (45'')	17:45 18:30 CAF (45'')									
		10:00 10:45 GD (45'')				12:30 13:15 SPI (45'')								17:45 18:30 AQ (45'')	18:30 19:15 BODYB (45'')	19:15 20:00 CT (45'')				19:30 20:15 AQB (45'')			
Ven.	9:15 10:00 CAF (45'')	10:00 10:45 PILAT (45'')	10:45 11:30 BODYB (45'')			12:30 13:15 CAF (45'')	14:30 15:45 BFT (75'')				16:00 16:45 AQ (45'')		17:00 17:45 CAF (45'')	17:45 18:30 BBEA (45'')	18:30 19:15 SPI (45'')								
														17:45 18:30 ATAQ (45'')	18:30 19:15 AQB (45'')								
Sam.	9:15 10:00 BODYP (45'')	10:00 11:30 YOGA (90'')			11:00 11:45 AQ (45'')		14:30 15:15 ZUM (45'')	15:15 16:00 BODYP (45'')	16:00 16:45 TBC (45'')	16:45 17:30 PILAT (45'')	17:30 18:15 BODYB (45'')												
		10:00 10:45 TBC (45'')																					
Dim.	9:15 10:00 BBEA (45'')	10:00 10:45 SPI (45'')	10:45 11:30 TBC (45'')				14:30 15:45 BFT (75'')						17:00 17:45 CROSS (45'')										
		10:00 10:45 CAF (45'')			11:00 11:45 AQ (45'')																		



Alain	Patrick	Caroline
Matthieu	Olivier	
Isabelle	Sandra	
Rabah	Sophie	
Joelle	Brigitte	
Julien	Robin	

CAF : CUISSE ABDO FESSIER	SPI : SPINNING	BS : BODY SCULPT	S : STRETCHING	CROSS : CROSSFIT
BBEA : BRAS BUSTE ÉPAULES	CT : CIRCUIT TRAINING	PILAT : PILATES MODIFIÉS	ATG : ABDO TAILLE GAINAGE	
YOGA : YOGA	ATAQ : ATAQ	GT : GYM TRADITIONNELLE	TBC : TOTAL BODY CONDITION	
BODYB : BODYBALANCE	GC : GYM CHINOISE	BODYP : BODYPUMP	HIIT : HIIT	
AQ : AQUA GYM	AQB : AQUABIKING	BFT : BODY FONCTIONNAL	SD : SPÉCIAL DOS	
TENNI : TENNIS	ZUM : ZUMBA	GD : GYM DOUCE	CB : CARDBO BALL	