

	9 H 15	9 H 30	10 H 00	10 H 45	11 H 00	12 H 30	14 H 30	15 H 00	15 H 15	16 H 00	16 H 45	17 H 00	17 H 15	17 H 30	17 H 45	18 H 00	18 H 30	18 H 45	19 H 00	19 H 15	19 H 30		
Lun.	9:15 HIIT (60")		10:00 YOGA (90")			12:30 GT (45")	14:30 ATAQ (45")			16:00 AQ (45")						18:00 T-MAD (60")				19:15 SPI (45")		19:30 SD (45")	
Mar.	9:15 RENFO (45")				11:00 AQ (45")	12:30 SPI (45")	14:30 AQB (45")			16:00 AQ (45")		17:00 HIIT (45")					18:30 PILAT (45")			19:15 CROSS (45")			
							14:30 CAF-S (45")						17:15 AQB (45")			17:45 TBC (45")		18:45 ATG (30")					
Mer.		9:30 BFT (60")			11:00 AQ (45")			15:00 T-MAD (60")															
Jeu.	9:15 CM (45")		10:00 GD (45")	10:45 S (45")		12:30 GT (45")	14:30 AF (45")			16:00 AQ (45")						17:45 AQB (45")	18:30 BBEA (45")						19:30 AQP (45")
																17:45 CAF (45")	18:30 ATAQ (45")						19:00 YOGA (90")
Ven.	9:15 CAF (45")	10:00 PILAT (45")				12:30 CAF (45")	14:30 CT (45")			16:00 AQ (45")				17:30 AQB (45")			18:30 AQP (45")						
															17:45 CROSS (45")	18:30 SPI (45")							
Sam.	9:15 CT (45")	10:00 YOGA (90")					14:30 RENFO (45")	15:15 ZUM (45")	16:00 TBC (45")	16:45 PILAT (45")													
					11:00 AQ (45")																		
Dim.	9:15 CAF (45")	10:00 T-MAD (45")	10:00 SPI (45")		11:00 AQ (45")			15:00 BFT (45")		16:00 CROSS (45")													



Sophie	Julien
Alain	Sandra
Robin	Matthieu
Brigitte	Olivier
Rabah	Isabelle
Maxime	Marianne

T-MAD : T-MAD	CT : CIRCUIT TRAINING	AQP : AQUAPALMING	GT : GYM TRADITIONNELLE	CAF-S : CUISSE ABDO FESSIER
HIIT : HIIT	GD : GYM DOUCE	BBEA : BRAS BUSTE ÉPAULES	ZUM : ZUMBA	
CROSS : CROSSFIT	AQ : AQUA GYM	YOGA : YOGA	S : STRECHING	
CAF : CUISSE ABDO FESSIER	AF : ABDOS FESSIERS	ATG : ABDO TAILLE GAINAGE	TBC : TOTAL BODY CONDITION	
BFT : BODY FUNCTIONAL	RENFO : RENFORCEMENT	ATAQ : ATAQ	PILAT : PILATES MODIFIÉS	
AQB : AQUABIKEING	SPI : SPINNING	SD : SPÉCIAL DOS	CM : CIRCUIT MINCEUR	