

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H						
9H30 - 10H15	Postural Ball®	T.B.S (Total Body Sculpt)	PILOXING®	ZUMBA FITNESS®	Pilates	Postural Ball®
10H15 - 11H00	STRONG by ZUMBA Niveau 1	Pilates	Body Art Training®	FLASH ABDOS	C.A.F (Cuisses-Abdos-Fessiers)	PILOXING®
10H30 - 11H				YOGA STRETCHING		Body Art Training®
12H						
12H20 - 13H05	C.A.F (Cuisses-Abdos-Fessiers)	Team Training		T.B.S (TOTAL Body Sculpt)	STRONG by ZUMBA Niv.2	
14H - 17H			Fitness Ado (11-15ans)			
17H45 - 18H30	Pilates	Postural Ball®			Fitness Ado (11-15ans)	
18H30 - 19H15	T.B.S (Total Body Sculpt)	PILOXING®	STRONG by ZUMBA Niv.2	C.A.F (Cuisses-Abdos-Fessiers)	ZUMBA FITNESS®	
19H15 - 20H00	ZUMBA FITNESS®	Body Art Training®	C.A.F (Cuisses-Abdos-Fessiers)	STEP	R.M.P (Renforcement Musculaire Postural)	
20H						