



STUDIO FITNESS

CLUB

PLANNING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Matin	9h30 – 10h15 CAF ②	9h30 – 10h15 Body Pump ②	-	9h30 – 10h45 Yoga <i>énergétique</i> ②	9h30 – 10h15 Pilates ②	10h00 – 10h45 Body Sculpt ②	10h00 – 10h45 Zumba <i>Family</i> ②
	10h15 – 11h00 LIA ②	10h15 – 11h00 Studio Zen ②	-	-	-	10h45 – 11h30 LIA ②	10h45 – 12h00 Yoga <i>Ashtanga</i> ②
Midi	12h30 – 13h15 Body Sculpt ②	12h30 – 13h15 Step ②	-	12h30 – 13h15 Combat Training ③	-	<div style="border: 2px dashed yellow; padding: 10px;"> <p style="text-align: center;">Horaires d'accueil</p> <p style="text-align: center;">Lundi, mardi, jeudi et vendredi 9h - 13h30 & 16h30 - 21h</p> <p style="text-align: center;">Mercredi 16h30 - 21h</p> <p style="text-align: center;">Samedi et dimanche 9h30 - 12h30</p> <p style="text-align: center;">Accès libre 6h - 23h, 7j/7</p> </div>	
Soir	18h00 – 18h45 Body Pump ②	18h00 – 18h45 CAF ②	18h00 – 18h45 Step <i>intermédiaire</i> ②	18h00 – 18h45 Body Sculpt ②	18h00 – 18h45 Step <i>débutant</i> ②		
	- Cross Training ③	- Cross Training ③	-	18h45 – 19h45 Ragga Fit ②	18h30 – 19h15 Combat Training ③		
	18h45 – 19h30 Boxe Tonic ②	18h45 – 19h30 Kuduro ②	18h45 – 19h30 Body Pump ②	19h00 – 19h45 Bike ①	18h45 – 19h30 TAF ②		
	- Combat Training ③	- Bike ①	- Combat Training ③	19h45 – 20h15 Abdos-Fessiers ②	-		
19h30 – 20h30 Yoga <i>Vinyasa</i> ②	-	19h30 – 20h00 Stretching ②	19h45 – 20h30 Cross Training ③	-			

Salle ① : Bike Salle ② : Fitness Salle ③ : Training