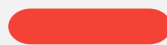


	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 - 09:30	Accueil & Inscription & Coaching 07:30 – 08:15 / 08:45 – 09:30				
	CAF 08:15-08:45	Stretching 08:15-08:45	Circuit Plateau 08:00-09:00	Réveil Musculaire 08:15-08:45	Postural 08:15-08:45
11:30 - 14:30	Accueil & Inscription & Coaching 11:30 – 12:15 / 13:45 – 14:30				
	Circuit Training 12:15 – 13:00	CAF 12:15 – 13:00	Circuit Plateau 12:00 – 14:00	Circuit Boxe 12:15 – 13:00	CAF 12:15 – 13:00
	Abdos Flash 13:00 – 13:30	Stretching 13:00 – 13:30	Yoga 12:15 – 13:15	Spécial Fessiers 13:00 – 13:30	Stretching 13:00 – 13:30
17:00 - 20:00	Accueil & Inscription & Coaching 17:00 – 18:30 / 19:15 – 20:00				
	Free Cardio 18:30 – 19:15	Body Barre 18:30 – 19:15	Free Renfo 18:30 – 19:15	Pilates 18:30 – 19:15	Free Cardio 18:00 – 18:45



Intensité supérieure



Intensité modérée

