

Horaire		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h15 à 10h	Studio-Fit	BODY BALANCE		SH'BAM		BODY PUMP	HIIT	
	Studio-Bike		RPM					
	Studio-Zen				AF			
10h15 à 11h	Studio-Fit	TONE		BODY BALANCE			BODY PUMP	
	Studio-Bike							
	Studio-Zen	YOGA	AF		PILATES	STRECH	YOGA	
12h15 à 13h	Studio-Fit	BODY ATTACK	BODY PUMP	TONE	BODY BALANCE	SH'BAM		
	Studio-Bike					RPM		
	Studio-Zen							
18h à 18h45	Studio-Fit	BODY ATTACK	TONE	SH'BAM	BODY JAM			
	Studio-Bike					RPM		
	Studio-Zen		PILATES	YOGA	AF	BODY BALANCE		
19h à 19h45	Studio-Fit	YOGA	BODY JAM	BODY PUMP	BODY ATTACK			
	Studio-Bike	RPM						
	Studio-Zen		AF		BODY BALANCE	PILATES		
20h à 20h45	Studio-Fit	AF	BODY ATTACK		BODY PUMP			
	Studio-Bike			RPM	RPM			
	Studio-Zen			BODY BALANCE				