

	8h45	9h30	10h15	12h15	13h	13h15	17h	17h30	18h15	18h30	19h	19h15	19h45	20h00	20h15
Lundi	FACT 	RFM 	soft gym 	STRETCH 	ABDOS 	KETTLE 	FACT 	ZUMBA 	STRETCH 	PUMP 					
Mardi	RFM 	FACT 	STRETCH 	Athletic-Training 		ABDOS FESSIERS 	RFM 	FACT 	DANCE 	BIKING 					
Mercredi	ABDOS FESSIERS 	ZUMBA 	soft gym 	FACT 	BIKING 		FACT 	RFM 	PUMP 	COMBAT 	SCULPT 30' 				
Jeudi	KETTLE 	RFM COMBAT 	STRETCH 	RFM 	PILATES 		RFM 	ABDOS FESSIERS 	BIKING 	ZUMBA 					
Vendredi	RFM 	STRETCH 	ABDOS FESSIERS 	DANCE ZUMBA 	ABDOS 	RFM 	ABDOS FESSIERS 	BIKING 	BARRE STRETCH 						
Samedi	BIKING 9h15	FIGHT 10h15	BIKING 11h15	1 semaine sur 2			à partir de 45 € / mois								

FERMETURE 20H30