

	8H45☆	9H30☆	10H15☆	12H15	13H	13H15		17H△	17H30☆	18H15☆	19H15☆		
Lundi	RFM 	Physo Training 	Soft Gym 	Stretch* 	Abdos 	Kettle* 		FACT 	ZUMBA 	Stretch 	Biking 		
Mardi	FACT 	Pump 	Tenzen Stretch 	Cross* Training 	Biking* 			RFM 	FACT 	Dance 	Tenzen Stretch 		
Mercredi		Cardio 	Soft Gym 	Circuit Training* 		FACT* 		FACT 	RFM 	Biking 	Abdos fessiers 		
Jeudi	Physo Training 	RFM 	Stretch 	RFM* 	Pilates* 			RFM 	Step 	Fight Trainig 			
Vendredi	Pilates 	Stretch 	Abdos fessiers 	* ZUMBA 	Abdos 	Cross* Training 		Abdos fessiers 	Biking 	Pump 			
		10H15	11H15	Dance tous les derniers vendredis du mois									
Samedi		Interval Training Combat	Biking 	<input type="checkbox"/> Cours de 15 minutes <input type="checkbox"/> Cours de 30 minutes <input type="checkbox"/> Cours de 45 minutes*									
										A partir de 46,80€/mois			

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Mardi	FACT 	Pump 	Tenzen Stretch 	Cross* Training 	Biking* 			RFM 	FACT 	Dance 	Tenzen Stretch 		
Mercredi		Cardio 	Soft Gym 	Circuit Training* 		FACT* 		FACT 	RFM 	Biking 	Abdos fessiers 		
Jeudi	Physo Training 	RFM 	Stretch 	RFM* 	Pilates* 			RFM 	Step 	Fight Trainig 			
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