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	8h45	9h30	10h15		12h15	13h	13h15		17h	17h30	18h15	19h15		
Lundi	RFM 	Physio 	Soft gym 	V	Stretch* 	Abdos  15 min	Kettle* 	V	FACT 	ZUMBA 	Stretch 	BIKING 		
Mardi	FACT 	Pump 	Tenzen 	I	Cross training 	BIKING 		I	RFM 	FACT 	Dance 	Tenzen  19H00		
Mercredi		Kettle* 	Soft gym 	D	Circuit-training 	Tenzen* 		D	FACT 	RFM 	Abdos  15 min	BIKING 	Cross training 	
Jeudi	Physio 	RFM 	Stretch 	E	RFM 		Pilates 	E	RFM 	Step 	Fight Training 			
Vendredi	Pilates 	Stretch 	Abdos fessiers 	O	ZUMBA 	Abdos 	Cross training 	O	Abdos fessiers 	BIKING 	Abdos  15 min	Pump  18H45		
		10H15	11H15	<i>Dance tous les derniers vendredis</i>								<i>By Gymway since 2002</i>		
Samedi		RFM 	BIKING 	Téléchargez notre appli « club connect »									    	

■ Renforcement
 ■ Cardio
 ■ Soft