

Intensité supérieure

Intensité modérée

**Contacts:**

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	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
07:30 - 09:30	<b>Accueil &amp; Coaching &amp; Incriptions</b> 07:30 – 09:30				
	<b>Combo (DOWN)</b> 08:00 – 08:30	<b>Pilates</b> 08:00 – 08:30	<b>100% Abdos</b> 08:00 – 08:30	<b>100% Abdos</b> 08:00 – 08:30	<b>Tabata</b> 08:00 – 08:30
11:30 - 14:15	<b>Accueil &amp; Coaching &amp; Incriptions</b> 11:30 – 14:15 (excepté le vendredi fermeture à 14h)				
	<b>Body Pump</b> 11:45 – 12:15	<b>Pilates</b> 11:45 – 12:15	<b>100% Abdos</b> 11:45 – 12:15	<b>Tabata</b> 11:45 – 12:15	<b>Yoga</b> 11:45 – 12:45
	<b>HIIT</b> 12:15 – 13:00	<b>Burning Danse</b> 12:15 – 13:00	<b>Body Pump</b> 12:15 – 13:00	<b>Aero Boxe</b> 12:15 – 13:00	
	<b>Zen</b> 13:00 – 13:45	<b>Combo (DOWN)</b> 13:00 – 13:45	<b>Cross Training</b> 13:00 – 13:45	<b>Zen</b> 13:00 – 13:45	<b>Yoga</b> 12:50 – 13:50
17:00 - 20:30	<b>Accueil &amp; Coaching &amp; Incriptions</b> 17:00 – 17:30				
	<b>Tabata</b> 17:30 – 18:15	<b>Yoga</b> 18:00 – 19:00	<b>Pilates</b> 17:30 – 18:15	<b>Body Pump</b> 17:30 – 18:15	<b>Cross Training</b> 17:30 – 18:15
	<b>Body Pump</b> 18:15 – 19:15		<b>HIIT</b> 18:15 – 19:00	<b>Burning Danse</b> 18:15 – 19:00	<b>Combo (DOWN)</b> 18:15 – 19:00