

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
Gym Nadine - 9:30	Gym Posturale Julia - 9:00	AFC Xavier - 9:00	STEP ou LIA Raphaële - 9:30	Gym Ball Sandrine - 9:15	Zumba Céline - 9:00
Gym Nadine - 10:30	Stretching Yoga Julia - 10:00	Pilates Xavier - 10:00	Gym Raphaële - 10:30	Gym Sandrine - 10:15	Hip Hop Kid's Aurélia - 10:00
Stretching Nadine - 11:30	Zumba Gold Julia - 11:30	Pilates niv. 2 Tiphaine - 11:30	Gym Détente Raphaële - 11:30 -> 12:15	Stretching Cécile - 11:30	Zumba Aurélia - 11:00
Gym Nadine - 12:00	Abdos / Dos Julia - 12:30	Pilates niv. 1 Tiphaine - 12:30	Zumba Toning Céline - 9:00	Gym Balance Cécile - 12:30	Ragga Dancehall Adulte Aurélia - 12:00
Gym Pilates Céline - 12:30	Pilates niv. 1 Eve - 11:30	Zumba Elisabeth - 09:00	Gym Ball Céline - 10:00	...	Gym Nadine - 9:00
...	Gym Eve - 12:30	AFC flash Elisabeth - 10:00 -> 10:30	Gym Equilibre Céline - 11:00	...	Pilates Nadine - 10:00
...	...	Gym Equilibre Elisabeth - 10:30 -> 11:30	Barre 1ère année Christophe - 11:30	...	Zumba Kid's Céline - 11:00
...	Barre 2ème année Christophe - 12:30	...	Gym Pilates Abdou - 9:30
...	...	Ragga Dancehall Kid's Ambre - 16:30	Gym Raphaële - 12:30	...	Zumba Abdou - 10:30
...	HIIT Force / HIIT Cardio Abdou - 11:30
...	...	Zumba Ambre - 17:30	Cardio Burn Aymeric - 19:00	...	GRS Caroline - 9:00 -> 13:00
...	Zumba Céline - 18:00	Zumba Ambre - 17:30	Cross Training Aymeric - 20:00 -> 21h30
Stretching Pilates Heathcliff - 17:30	Step Débutant Aurélia - 19:00	Pilates niv. 2 Sophie - 18:00	Reya'style (Zumba) Aurélia - 19:00	...	Debussy d'Artagnan
Zumba / Salsation Fred & Aurélia - 19:30	TBC Rahamata - 20:00	Gym Tonique Sophie - 19:00	Step intermédiaire Heathcliff - 20:00 -> 20:45	...	Cosec C Cosec D
Renforcement Fred's - 20:30	Renfo (strong) Céline - 19:30	Pilates niv. 1 Sophie - 20:00	AFC Heathcliff - 20:45 -> 21:30	Gym Fred's - 20:30	Colline Schnapper
...	Stretching Fred's - 21:30 -> 22:00	Club St Léger