


LUNDI		MARDI		MERCREDI	
Cours collectifs	Musculation	Cours collectifs	Musculation	Cours collectifs	Musculation
12H20/13H20 RENFO STRETCH	12h15/13h45 MUSCULATION CARDIO	12H20/13H20 STEP Débutant	12h15/13h45 MUSCULATION CARDIO	12H20/13H20 PILATES	12H15 / 13H45 MUSCULATION CARDIO
	17H00/20H00 MUSCULATION CARDIO	17H45/18H30 RENFO STRETCH	17H00/20H00 MUSCULATION CARDIO	18H/19H RENFO STRETCH	17H00/20H00 MUSCULATION CARDIO
		18H30/19H15  ZUMBA		19H/20H STEP	
		19h15/20H Circuit FIT			

JEUDI		VENDREDI	
Cours collectifs	Musculation	Cours collectifs	Musculation
12H20/13H20 LIA	12H15/13H45 MUSCULATION CARDIO	12H20/13H20 RENFO STRETCH	12H15 / 13H45 MUSCULATION CARDIO
18H/18H40 STEP	17H00/20H00 MUSCULATION CARDIO		
18H45/19H15 ABDO/GAINAGE			
19H15/20H RENFO STRETCH			