

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
TRAINING	SALLE	TRAINING	SALLE	TRAINING	SALLE	TRAINING	SALLE	TRAINING	SALLE	TRAINING	SALLE
10H - 11H CIRCUIT TRAINING SENIOR JEROME *			10H - 11H PILATES SENIOR JEROME *						10h - 11h YOGA SOPHIE **		10h - 11h PILATES JEROME **
	11H - 12H PILATES JEROME *			11H - 12H CIRCUIT TRAINING CHRISTELLE **		11h - 12h STRETCH & FLOW SOPHIE **				11H - 12H CIRCUIT TRAINING JEROME **	
12H30 - 13H15 RENFORCEMENT MUSCULAIRE JÉRÔME **	12H30 - 13H30 BALLET SCULPT SOPHIE **		12H30 - 13H30 PILATES SOPHIE **			12H30 - 13H30 PILATES SOPHIE **		12H30 - 13H15 CIRCUIT TRAINING JEROME **			
17H15 - 18H15 HIIT JEROME ***		17H15 - 18H15 CIRCUIT TRAINING JEROME **		15H00 - 16H00 WOMEN CAF CHRISTELLE **			17H15 - 18H15 PILATES ESTHER **				
18H15 - 19H15 CIRCUIT TRAINING JEROME **	18H30 - 19H30 STRETCHING CHRISTELLE **	18H15 - 19H15 CIRCUIT TRAINING JEROME **			18H15 - 19H HIIT BODY TRAINING JEROME **	18H - 19H CIRCUIT TRAINING ANAIS **	18H15 - 19H15 YOGA FLOW ESTHER **	18H - 19H TEENS FIT JEROME	18H30 - 19H30 YOGA SOPHIE *		
		19H30 - 20H30 CROSS - TRAINING JEROME **			19H - 20H PILATES JEROME **	19H15 - 20H15 STRETCHING MOBILITÉ ANAIS **	19H30 - 20H30 HAPPY DANCE ESTHER	19H30 - 20H30 CROSS TRAINING JEROME ***			

STUDIO 3 TRAINING

06 10 89 03 05

* INTENSITÉ FACILE ** INTENSITÉ MOYENNE *** INTENSITÉ ÉLEVÉE

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
TRAINING	SALLE	TRAINING	SALLE	TRAINING	SALLE	TRAINING	SALLE	TRAINING	SALLE	TRAINING	SALLE
10H - 11H CIRCUIT TRAINING SENIOR JEROME *		10H - 11H PILATES SENIOR JEROME *						10h - 11h YOGA SOPHIE **		10h - 11h PILATES JEROME **	
	11H - 12H PILATES JEROME *			11H - 12H CIRCUIT TRAINING CHRISTELLE **		11h - 12h STRETCH & FLOW SOPHIE **				11H - 12H CIRCUIT TRAINING JEROME **	
12H30 - 13H15 RENFORCEMENT MUSCULAIRE JÉRÔME **	12H30 - 13H30 BALLET SCULPT SOPHIE **	12H30 - 13H30 PILATES SOPHIE **				12H30 - 13H30 PILATES SOPHIE **		12H30 - 13H15 CIRCUIT TRAINING JEROME **			
17H15 - 18H15 HIIT JEROME ***		17H15 - 18H15 CIRCUIT TRAINING JEROME **		15h - 16h WOMEN CAF CHRISTELLE **		17H15 - 18H15 PILATES ESTHER **					
18H15 - 19H15 CIRCUIT TRAINING JEROME **	18H30 - 19H30 STRETCHING CHRISTELLE **	18H15 - 19H15 CIRCUIT TRAINING JEROME **			18H15 - 19H HIIT BODY TRAINING JEROME **	18H - 19H CIRCUIT TRAINING ANAIS **	18H15 - 19H15 YOGA FLOW ESTHER **	18H - 19H TEENS FIT JEROME	18H30 - 19H30 YOGA SOPHIE *		
		19H30 - 20H30 CROSS - TRAINING JEROME **			19H - 20H PILATES JEROME **	19H15 - 20H15 STRETCHING MOBILITÉ ANAIS **	19H30 - 20H30 HAPPY DANCE ESTHER	19H30 - 20H30 CROSS TRAINING JEROME ***			

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