

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN						
9h15 - 10h00 RPM 10h15 - 11h15 CROSS TRAINING WOD TEAM	9h15 - 10h00 GF CAF 10h15 - 11h00 RPM	9h15 - 10h00 STRETCHING PILATES 10h15 - 11h15 CROSS TRAINING CIRCUIT	9h15 - 10h00 TRX 10h15 - 11h15 CROSS TRAINING CIRCUIT	9h15 - 10h00 SWISS BALL 10h15 - 11h15 CROSS TRAINING CIRCUIT	9h15 - 10h00 GF SCULPT 10h15 - 11h00 RPM 11h00 - 12h00 CROSS TRAINING WOD	10h00 - 10h45 CROSS TRAINING CIRCUIT 11h00 - 12h00 CROSS TRAINING + RPM SPRINT
MIDI						
12h30 - 13h15 BODYPUMP	12h30 - 13h15 TRX	12h30 - 13h15 RPM	12h30 - 13h15 GF CAF	12h30 - 13h15 RPM	Aucun cours n'est prévu	Aucun cours n'est prévu
SOIR						
17h30 - 18h15 RPM 17h30 - 18h30 CROSS TRAINING WOD 18h30 - 19h15 BODYPUMP 18h30 - 19h30 CROSS TRAINING WOD 19h30 - 20h15 STRETCHING PILATES 19h30 - 20h30 CROSS TRAINING TEAM	17h30 - 18h15 CXWORX/DANSE 17h30 - 18h30 CROSS TRAINING WOD 18h30 - 19h15 BODYCOMBAT 18h30 - 19h30 CROSS TRAINING FORCE 19h30 - 20h00 RPM SPRINT 19h30 - 20h30 CROSS TRAINING MASTERCLASS	17h30 - 18h15 BODYPUMP 17h30 - 18h30 CROSS TRAINING WOD 18h30 - 19h15 BODYATTACK 18h30 - 19h30 CROSS TRAINING MOBILITY 19h30 - 20h15 BODYSTEP 19h30 - 20h30 CROSS TRAINING + RPM SPRINT	17h30 - 18h15 RPM 17h30 - 18h30 CROSS TRAINING WOD 18h30 - 19h15 ZUMBA 18h30 - 19h30 CROSS TRAINING WOD 19h30 - 20h00 GF ABDO	17h30 - 18h15 GF CAF 17h30 - 18h15 TRX 18h30 - 19h15 BODYPUMP 18h30 - 20h00 CROSS TRAINING WOD TEAM	Aucun cours n'est prévu	Aucun cours n'est prévu