

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30	LES MILLS BODYPUMP 45'		LES MILLS BODYBALANCE 45'	AGX TRAINING 45'	BODYBALANCE 45'	LES MILLS BODYPUMP 1H
10H20	LES MILLS BODYBALANCE 45'					
12H45						
17H30						
18H20		LES MILLS GRIT 30'	LES MILLS SH'BAM 45'	LES MILLS BODYPUMP 45'	LES MILLS GRIT 30'	
19H00					ABDOS- ETIREMENTS 30'	
19H20			LES MILLS BODYPUMP 1H	LES MILLS BODYATTACK 45'		
20H00						