

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