

Heures	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
09:00	Gymdouce Pilates - Yoga	Coaching privés	Coaching privés	Coaching privés	Gymdouce Pilates - Yoga	Stages & Coaching privés
10:00	Abdos fessiers					
11:00						
12:15	Coaching privés	CrossTraining	Coaching privés	Yoga Vinyasa	Abdos fessiers Flash 30mn	
16:30				CrossTraining	Gymdouce	
17:30	CrossTraining	Yoga Hatha		Gymdouce Pilates - Yoga	Yoga Vinyasa	CrossTraining
18:30	RaggaDanceHall Ados - Adultes	Street Jazz Talons Ados-Adultes	Reggaeton debutant	Abdos fessiers Cardio	Coaching privés	
19:30	Cardio Gym	Danse Groupe intermédiaire	Reggaeton Ados - Adultes	Coaching privés	Coaching privés	
20:15			Street Jazz Talons Ados-Adultes			