

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
08h45		Yoga (1h)				
09h30	Gym essentiel			Pilates		
10h15	Stretch			Stretch		Latin Jam
12h30	Pilates	FAC	Zumba	Pilates Mat	Gym essentiel	
17h30	FAC	Pilates	Gym essentiel		Cardio boxe	
18h15	Pilates	Body Mix	Yoga	<u>Pilates Mat</u> Atelier coaching	Atelier coaching	
19h00	Gym essentiel	Yoga tonique		FAC	Stretch	
19h15			Latin Jam			
19h45	Pilates débutant	<u>Atelier coaching</u> <u>Yoga débutant</u>		Pilates ballon		