

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h30	Gym essentiel	Body Zen		Pilates	Yoga	
10h15	Stretch	Pilates		Stretch		Yoga
12h30	Pilates	FAC		Pilates	Gym essentiel	
17h30	FAC	Pilates	Gym essentiel	Gym essentiel	Cardio boxe	
18h15	Pilates	Gym essentiel	Body Zen	Pilates Barrel	Atelier coaching	
19h00	Gym essentiel	Pilates matériels	Cardio Boxe	FAC	Stretch	
19h45		Atelier coaching		Pilates		