






















# SMALL GROUP TRAINING

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h15	 <b>GRAVITY</b>		 <b>GRAVITY</b>			
10h15	 <b>PILATES</b>			 <b>TRX CORE</b>	 <b>GRAVITY</b>	 <b>GRAVITY</b>
12h30	 <b>GRAVITY</b>	<b>CROSS TRAINING</b>	 <b>TRX CORE</b>	 <b>BOXING TRAINING</b>	 <b>YOGA</b>	
17h30	 <b>TRX CORE</b>	 <b>PILATES</b>		 <b>RUNNING</b>	<b>CROSS TRAINING</b>	
18h30	 <b>BOXING TRAINING</b>	<b>CROSS TRAINING</b>	 <b>TRX CORE</b>	 <b>GRAVITY</b>	 <b>BOXING TRAINING</b>	
19h30	 <b>YOGA</b>	 <b>GRAVITY</b>	 			



# COURS COLLECTIFS

## LES MILLS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h15	<b>ABDOS FLASH</b> 30 MIN	<b>GYM SCULPT</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>STRETCHING</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>GYM SCULPT</b>
10h15	<b>GYM SCULPT</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>STRETCHING</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>		<b>LES MILLS</b> <b>BODYBALANCE</b> ----- <b>STRETCHING</b>
12h30	<b>LES MILLS</b> <b>BODYATTACK</b>	<b>GYM SCULPT</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>LES MILLS</b> <b>BODYPUMP</b>		
17h30	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>ABDOS FLASH</b> 30 MIN	<b>GYM SCULPT</b>	<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>GYM SCULPT</b>	
18h30	<b>LES MILLS</b> <b>BODYSTEP</b>	<b>GYM SCULPT</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYATTACK</b>	<b>AERO DANCE</b>	
19h30		<b>AERO DANCE</b>		<b>ABDOS FLASH</b> 30 MIN		

