

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI			
11h								
11h15								
11h30								
11h45								
12h								
12h15		<small>SEMAINE IMPAIRE</small> BODY SCULPT SYLVIA GYMNASE	<small>SEMAINE PAIRE</small> CARDIO CAF SYLVIA GYMNASE	<small>SEMAINE IMPAIRE</small> BODY SCULPT ANNABEL	<small>SEMAINE PAIRE</small> STRECHING ANNABEL	<small>SEMAINE IMPAIRE</small> CARDIO CAF JEAN-MICHEL	<small>SEMAINE PAIRE</small> BODY SCULPT JEAN MICHEL	
12h30		<small>SEMAINE IMPAIRE</small> BODY BARRE SYLVIA GYMNASE	<small>SEMAINE PAIRE</small> BODY UP CAF SYLVIA GYMNASE	GYMNASE	GYMNASE	SALLE VERTE	SALLE VERTE	
12h45								
13h								
13h15			<small>SEMAINE PAIRE</small> BODY SCULPT ANNABEL	<small>SEMAINE IMPAIRE</small> STRECHING ANNABEL	<small>SEMAINE IMPAIRE</small> BODY SCULPT JEAN-MICHEL	<small>SEMAINE PAIRE</small> CADIO CAF JEAN-MICHEL		BODY SCULPT / STRECHING SYLVIA
13h30			GYMNASE	GYMNASE	SALLE VERTE	SALLE VERTE		GYMNASE
13h45								
14h								
14h15								
14h30								
14h45								
15h								
15h15	BODY SCULPT SYLVIA			BODY SCULPT SARAH				
15h30	GYMNASE			GYMNASE				
15h45								
16h								
16h15								
16h30								
16h45								
17h								
17h15	<small>SEMAINE IMPAIRE</small>	<small>SEMAINE PAIRE</small>	STEP ANNABEL	BODY SCULPT SARAH	BODY SCULPT ANNABEL			
17h30	BODY BARRE JEAN-MICHEL	BODY SCULPT JEAN-MICHEL	GYMNASE	GYMNASE	GYMNASE			
17h45	GYMNASE	GYMNASE						
18h								
18h15	GYM DOUCE / STRECHING JEAN-MICHEL	BODY BARRE ANNABEL		STEP ANNABEL				
18h30	GYMNASE	GYMNASE		SALLE VERTE				
18h45								
19h								