















		LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
MATIN	9H00 - 10H00	AQUABODY	AQUADOUCE		AQUADOUCE	AQUABODY		
	9H30 - 10H15	ATF	 RPM		 BODYSTEP	GYMMINCEUR	CIRCUIT TRAINING	 BODYCOMBAT
	10H15 - 11H00	 RPM					AEROFIT	cardio training
MIDI	12H30 - 13H15	BODY SCULPT	 BODYSTEP		ATF	 RPM		
	14H15 - 15H00	CIRCUIT TRAINING			 RPM	SPECIAL ABDOS (30mn)		
	17H - 17H45					 RPM		
SOIR	18H00 - 18H45	GYM MINCEUR	BODYSCULPT	ATF	STEP DEBUTANT	 RPM		
	18H45 - 19H30	 BODYCOMBAT	AEROFIT	 BODYSTEP	BODY SCULPT	STEP CONFIRME		
	19H30 - 20H15	cardio training	 RPM	 RPM	 BODYCOMBAT	SPECIAL ABDOS (30mn)		