

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
ISABELLE	STUDIO 21 9:15 - 10:00 YOGALATES 10:00 - 11:00 FIT BALL	JONATHAN STUDIO 21 10:00 - 11:00 CAF 11:00 - 12:00 STRETCHING	MARTIN STUDIO 21 10:00 - 11:00 GLOBAL FIT 11:00 - 12:00 STRETCHING	ISABELLE STUDIO 21 10:00 - 11:00 PILATES 11:00 - 12:00 STRETCHING 12:00 - 13:00 MOBILITY FLOW®	JONATHAN POPD 9:30 - 10:00 H.I.I.T CARDIO 10:00 - 11:00 GLOBAL FIT 11:00 - 12:00 STRETCHING	YASMINA STUDIO 21 9:30 - 10:00 FIT LEG 10:00 - 10:30 FIT UP 10:30 - 11:00 FIT ABDOS 11:00 - 11:30 STRETCHING	ALEX CSC 9:15 - 10:15 CIRCUIT TRAINING 10:15 - 11:00 GLOBAL FIT
S A L -	STUDIO 21 12:30 - 13:30 ZUMBA	JONATHAN POPD 12:20 - 13:20 H.I.I.T	CÉCILE STUDIO 21 12:30 - 13:30 ZUMBA		STEPHANIE STUDIO 21 10:30 - 11:30 A.P.A Activité Physique Adaptée	HEATHCLIFF CSC 12:10 - 13:10 PILATES 13:10 - 14:10 LIA	ANNA STUDIO 21 10:00 - 11:00 YOGA VINYASA 11:00 - 11:30 YIN YOGA
JONATHAN	POPD 12:20 - 13:20 GLOBAL FIT	ANNA STUDIO 21 12:30 - 13:30 HATHA YOGA			ISABELLE STUDIO 21 11:45 - 12:30 SCULPT FUSION 12:30 - 13:30 PILATES AVANCÉS		SYLVIA CSC 11:00 - 12:00 ZUMBA
JONATHAN	ALDI 13:45 - 15:15 MARCHE NORDIQUE			JONATHAN CSC 14:15 - 15:45 MARCHE NORDIQUE	JONATHAN POPD 12:20 - 13:20 ZUMBA		
ISABELLE	STUDIO 21 18:15 - 19:15 GLOBAL FIT	STEPHANIE STUDIO 21 18:00 - 19:00 ABDOS & RENFO Méthode De Gasquet 19:00 - 20:00 PILATES & ASSOUPPLISSEMENTS	MARTIN STUDIO 21 18:30 - 19:30 CIRCUIT TRAINING 19:30 - 20:30 GYM BALANCE	FABRICE CSC 19:30 - 20:30 RAGGAFIT	ALICIA STUDIO 21 14:00 - 15:00 BODY ZEN 15:00 - 16:00 YOGA		
KARINE	ZOOM 19:00 - 20:00 MUNZ FLOOR	YASMINA CSC 19:00 - 20:00 CROSS TRAINING		LEAH STUDIO 21 19:00 - 20:15 YOGA DYNAMIQUE	YASMINA STUDIO 21 19:00 - 20:00 CROSS TRAINING		

SEMAINES DE FERMETURE

Du 26.10 au 01.11
 Du 19.12 au 04.01
 Du 8 au 14.02 Du
 5 au 11.04

