



| | LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|-----------|---------------------------|---|---|----------------|-------------------------------------|--------------------|-----------|
| Ouverture | 9H | 9H | 9H | 9H | 9H | 9H | 10h30 |
| 9h15 | Circuit perte de poids | SCULPT | | PUMP | Abdos fessiers | Abdos fessiers | |
| 10h15 | RPM | PILATES | | BALANCE | Circuit perte de poids AQUA BIKE | BALANCE | |
| 11h15 | | | | | AQUAGYM | | |
| 12h15 | Circuit forme | PUMP | RPM | Abdos fessiers | | PUMP 1h | 11h RPM |
| | | | | | | | |
| 17h30 | PUMP | SHBAM Cross-training | RPM | Abdos fessiers | COMBAT | ATTACK | 13h30 RPM |
| 18h30 | COMBAT Abdos fessiers | RPM BALANCE AQUA BIKE | PUMP AQUA BIKE Circuit perte de poids | Abdos fessiers | SHBAM | 15h Cross-training | |
| 19h30 | RPM AQUA BIKE ZUMBA | Attack Cross-training AQUA TRAINING | STEP AQUA GYM Cross training | RPM | | | |
| 20h30 | Cross training | Cross training | Crosstraining SPEED BIKING | Cross training | | | |
| Fermeture | 21H30 | | | | 21H | 16H | 12H30 |