

PROGRAMME DES COURS COLLECTIFS

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
09:00	09:00 - 10:00 SPINNING	09:00 - 10:00 YOGA	09:00 - 10:00 PILATES	09:00 - 10:00 BODYPUMP	09:00 - 10:00 YOGA	09:00 - 10:00 POLEDANCE	
10:00							09:30 - 10:00 SPINNING
12:00	12:00 - 13:00 CX WORX / TRX	12:00 - 13:00 SPINNING	12:00 - 13:00 GRIT / CX WORX	12:00 - 13:00 ZUMBA	12:00 - 13:00 BODYPUMP	10:00 - 11:00 POLEDANCE	
14:00	14:00 - 15:00 BODYPUMP						
15:00							
17:00		17:00 - 17:30 CXWORX			17:00 - 17:30 CXWORX	17:00 - 18:00 BODYPUMP	
18:00	18:00 - 19:00 SPINNING	18:00 - 19:00 ZUMBA	18:00 - 19:00 SPINNING	18:00 - 19:00 BODYPUMP	18:00 - 19:00 ZUMBA		
19:00	19:00 - 20:00 BODYPUMP	19:00 - 20:00 PILATES	19:00 - 20:00 BODYPUMP	19:00 - 20:00 POLEDANCE	19:00 - 20:00 BODYPUMP		
20:00	20:00 - 21:00 POLEDANCE	20:00 - 21:00 POLEDANCE	20:00 - 21:00 ZUMBA	20:00 - 21:00 POLEDANCE			
21:00							