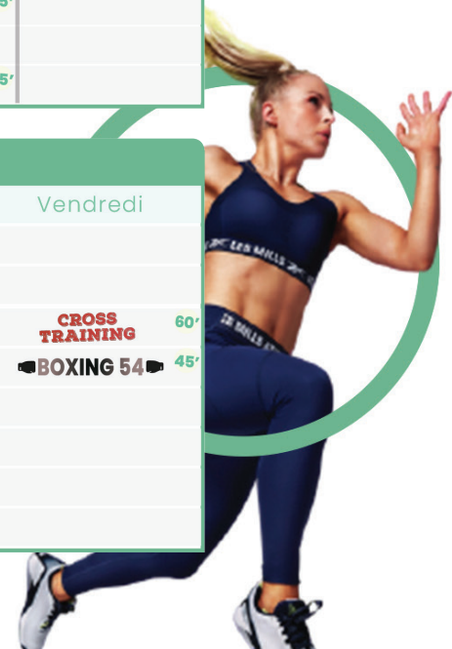
Cours collectifs planning

STUDIO C1

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9H30	100% RENFO 45'	CAF 45'	LesMills BODYPUMP 45'	FITBALL 45'		LesMills BODYPUMP 45'	100% RENFO 45'
10H30	LesMills BODYBALANCE 45'		GYM DOS 45'		STRETCH 45'		STRETCH 45'
12H30	CAF 45'	PILATES 45'	100% RENFO 45'	LesMills BODYPUMP 45'	LesMills BODYATTACK 45'		
17H30	LesMills BODYPUMP 45'				100% RENFO 45'		
17H45		100% ABDOS 30'	LesMills BODYATTACK 45'	CAF 45'			
18H30	LesMills BODYCOMBAT 45'	LesMills BODYPUMP 45'					
18H45			100% ABDOS 30'	FIT'DANCE 45'			
19H30		LesMills BODYBALANCE 45'					

STUDIO Biking

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
8H00	SpiVi 45'	SpiVi 45'	SpiVi 45'	SpiVi 45'	SpiVi 45'	
9H30	SpiVi 45'	SpiVi 45'	SpiVi 45'	SpiVi 45'	LesMills RPM 45'	
10H30	SpiVi 45'	SpiVi 45'	SpiVi 45'	SpiVi 45'		SpiVi 45'
12H30	LesMills RPM 45'		SpiVi 45'	SpiVi 45'	SpiVi 45'	SpiVi 45'
13H15		SpiVi 45'				
14H15	SpiVi 45'			SpiVi 45'	SpiVi 45'	
15H15		SpiVi 45'	SpiVi 45'			
16H15	SpiVi 45'			SpiVi 45'	SpiVi 45'	
17H45			LesMills RPM 45'			
18H30	SpiVi 45'	LesMills RPM 45'			SpiVi 45'	
19H00			SpiVi 45'	SpiVi 45'		
19H30	SpiVi 45'				SpiVi 45'	

Garage

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9H30	CROSS TRAINING 60'				
10H30		TRX 45'		ANTIGRAVITY 60'	
12H30	CROSS TRAINING 60'	CROSS TRAINING 60'	BOXING 54 45'	BOXING 54 45'	CROSS TRAINING 60'
17H30	CROSS TRAINING 60'	BOXING 54 45'			BOXING 54 45'
18H00					
18H30		CROSS TRAINING 60'			
18H45	TRX 45'		CROSS TRAINING 60'	CIRCUIT TRAINING 60'	
19H30		ANTIGRAVITY 60'