

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h00	Open Gym	Open Gym	Open Gym	9h30 Pilates (Alex)	Open Gym	Pilates (Victoria)
10h00	Open Gym	Open Gym	Cross Training renfo	Open Gym	Open Gym	Pilates (Victoria)
11h00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Cross Training renfo
12h00	Pilates (Alexandra)	Fonctionnal Training (Joan)	Pilates (Victoria)	Fonctionnal Training (Joan)	Fonctionnal Training (Joan)	Cross Training Condiitionning
13h00	Pilates (Victoria)	Pilates (Victoria)	Pilates (Victoria)	Strong Endurance (Joan)	Strong Endurance (Joan)	Open Gym
16h10	16h30: 100% Abdo	16h30: 100% Abdo	Pilates (Victoria)	Open Gym	Open Gym	
17h00	Fonctionnal Training	Cross Training renfo	Fonctionnal Training (Joan)	Open Gym	Fonctionnal Training	
17h50	Néo Yoga (Nathalia)	Fonctionnal Training (Joan)	Fonctionnal Training (Joan)	Pilates (Alexandra)	Cross Training renfo	
18h40	Cross Training renfo	Pilates (Alexandra)	Fonctionnal Training (Joan)	Pilates (Alexandra)	Pilates (Alexandra)	
19h30	Cross Training Condiitionning	Pilates (Alexandra)	Strong Endurance (Joan)	Cross Training Condiitionning	Cross Training Condiitionning	
20h20	Cross Training Condiitionning	Open Gym	HIIT	Open Gym	Cross Training Condiitionning	