



COURS COLLECTIFS

LUNDI

CAF

09:30 - 10:30

STRETCHING

10:30 - 11:00

**BODY
PUMP**

18:30 - 19:30

MARDI

YOGA

09:30 - 11:00

F.STRENGHT

12:15 - 13:00

**BODY
ATTACK**

18:30 - 19:30

MERCREDI

PILATES

09:30 - 10:30

STRETCHING

10:30 - 11:00

FUNCTIONAL

18:30 - 19:15

JEUDI

**BODY
PUMP**

09:30 - 10:30

FUNCTIONAL

12:15 - 13:00

**BODY
PUMP**

18:30 - 19:30

SAMEDI

**BODY
PUMP**

09:30 - 10:30

**BODY
ATTACK**

10:30 - 11:30