

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
08h30 - 9h15	COACH TIME <small>OLYMPIA</small>				COACH TIME <small>OLYMPIA</small>
09h15 - 10h00	BODY BARRE CARDIO	CUISSES ABDOS FESSIERS	MIX FIT	CROSS TRAINING	HAUT DU CORPS
10h15 - 11h	POSTURAL TRAINING	YOGA STRECHING	PILATES	YOGA STRETCHING	PILATES DEBUTANT
11h15 - 12h		COACH TIME <small>OLYMPIA</small>		COACH TIME <small>OLYMPIA</small>	
12h30 - 13h15	CROSS TRAINING COACH TIME <small>OLYMPIA</small>	CIRCUIT BARRES COACH TIME <small>OLYMPIA</small>	COACH TIME <small>OLYMPIA</small>	CIRCUIT CUISSES FESSIERS COACH TIME <small>OLYMPIA</small>	COACH TIME <small>OLYMPIA</small>



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18h15 - 19h	CROSS TRAINING C-TIME 17H15-18H 18H15-19H <small>OLYMPIA</small>	CAF COACH TIME <small>OLYMPIA</small>	PILATES COACH TIME <small>OLYMPIA</small>	FULL BODY C-TIME 17H15-18H 18H15-19H	
19h15 - 20h	CIRCUIT PERTE DE POIDS	YOGA STRETCH COACH TIME <small>OLYMPIA</small>		POSTURAL TRAINING	