

LUNDI	MARDI	MERCREDI	JEUDI	SAMEDI
<p>9H30 - 10H15</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>9H30 - 10H15</p> <p>LES ATELIERS SALLE FITNESS ●</p>	<p>10H00 - 10H45</p> <p>H.I.I.T TRAINING</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>10H45 - 11H30</p> <p>LES ATELIERS DOJO ●</p>	<p>10H00 - 10H45</p> <p>LES ATELIERS SALLE FITNESS ▲</p>
<p>10H15 - 11H15</p> <p>Vinyasa YOGA</p> <p>DÉBUTANT</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>10H15 - 11H15</p> <p>LES ATELIERS SALLE FITNESS ●</p>	<p>10H45 - 11H30</p> <p>STRETCHING et RELAXATION</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>11H30 - 12H15</p> <p>STRETCHING et RELAXATION</p> <p>LES ATELIERS DOJO ●</p>	<p>10H45 - 11H30</p> <p>STRETCHING et RELAXATION</p> <p>LES ATELIERS SALLE FITNESS ▲</p>

	<p>17H45 - 18H30</p> <p>LES ATELIERS SALLE EXPRESSION 2 ▲</p>	<p>17H45 - 18H30</p> <p>DÉBUTANT</p> <p>LES ATELIERS SALLE MULTISPORTS ●</p>	<p>17H45 - 18H30</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>17H30 - 18H15</p> <p>DÉBUTANT</p> <p>LES ATELIERS SALLE FITNESS ▲</p>		<p>17H30 - 18H15</p> <p>Vinyasa YOGA</p> <p>DÉBUTANT</p> <p>LES ATELIERS SALLE MULTISPORTS ▲</p>
<p>18H30 - 19H15</p> <p>LES ATELIERS SALLE MULTISPORTS ●</p>	<p>18H30 - 19H30</p> <p>Vinyasa YOGA</p> <p>LES ATELIERS SALLE EXPRESSION 2 ▲</p>	<p>18H30 - 19H30</p> <p>LES ATELIERS SALLE MULTISPORTS ●</p>	<p>18H30 - 19H20</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>18H15 - 19H00</p> <p>H.I.I.T TRAINING</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>18H15 - 19H00</p> <p>URBAN TRAINING DÉBUTANT</p> <p>EN EXTÉRIEUR ●</p>	<p>18H15 - 19H15</p> <p>LES ATELIERS SALLE MULTISPORTS ▲</p>
<p>19H15 - 20H00</p> <p>H.I.I.T TRAINING</p> <p>LES ATELIERS SALLE MULTISPORTS ●</p>	<p>19H30 - 20H15</p> <p>STRETCHING et RELAXATION</p> <p>LES ATELIERS SALLE EXPRESSION 2 ▲</p>		<p>19H20 - 20H00</p> <p>STRETCHING et RELAXATION</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>19H00 - 19H50</p> <p>LES ATELIERS SALLE FITNESS ▲</p>	<p>19H15 - 20H15</p> <p>URBAN TRAINING AVANCÉ</p> <p>EN EXTÉRIEUR ●</p>	<p>19H15 - 20H00</p> <p>LES ATELIERS SALLE MULTISPORTS ▲</p>
<p>20H00 - 21H00</p> <p>LES ATELIERS SALLE MULTISPORTS ●</p>		<p>20H00 - 21H00</p> <p>CROSS TRAINING</p> <p>LES ATELIERS SALLE FITNESS ●</p>	<p>19H50 - 20H45</p> <p>Vinyasa YOGA</p> <p>LES ATELIERS SALLE FITNESS ▲</p>			<p>20H00 - 20H45</p> <p>STRETCHING et RELAXATION</p> <p>LES ATELIERS SALLE MULTISPORTS ▲</p>

▲ Deborah

● Aurélien