

COURS COLLECTIF

Lundi	Mardi	Mercredi	Jeudi	Vendredi
			<p>Pilates 09:00-10:00</p>	
			<p>Hatha Yoga 10:00-11:00</p>	
<p>Cross Training 12:30-13h30</p>		<p>Pilates 12:15-13h15</p>		<p>Renforcement musculaire 12:30-13:30</p>
<p>Small Group Training 16:00-17:00</p>				
<p>Cardio 17:45-18:45</p>	<p>Small Group Training 17:30-18:30</p>	<p>Pilates 17:30-18:30</p>		
<p>Cross Training 18:45-19:45</p>	<p>Pilates 18:15-19:15</p>	<p>Renforcement musculaire 18:30-19:30</p>	<p>Renforcement musculaire 18:00-19:00</p>	<p>Cross Training 18:15-19:15</p>
	<p>Cross Training 18:30-19:30</p>			
<p>Yoga 19:30-20:30</p>	<p>Yoga de la femme 19:15-20:15</p>		<p>Yoga 19:00-20:00</p>	

COACHING PRIVÉ
Toutes les heures, du lundi au samedi

EMS 20min = 4h de sport
Toutes les 45min, du lundi au samedi

**PRO
FORM
CONCEPT**