

Lundi

PILATES	10H00
YOGA	11H00
RENFO MUSCU	12H30
CROSS TRAINING	17H30
BIKE	18H30
MOBILITÉ	19H30

Mardi

RENFO MUSCU	09H30
CROSS TRAINING	10H30
BIKE	12H30
RENFO MUSCU	17H30
CROSS TRAINING	18H30
MOBILITÉ	19H30

Mercredi

PILATES	09H30
BIKE	10H30
REFORMER	12H30
CROSS TRAINING	17H30
REFORMER	17H30
PILATES	18H30
YOGA	19H30

Jeudi

RENFO MUSCU	11H30
CROSS TRAINING	12H30
BIKE	19H30

Vendredi

MOBILITÉ	09H00
CROSS TRAINING	12H30
RENFO MUSCULAIRE	18H30

Samedi

RENFO MUSCU	9H30
BIKE	10H30