

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
17h - 17h30 Cross Training Kat	12h15 - 12h45 MIDI POWER Claudia	10h - 10h45 Renforcement Musculaire Kat		12h15 - 12h45 MIDI POWER Claudia	10h - 10h45 Renforcement Musculaire Kat / Tiffany	10h - 10h45 JUMPING Sabine
18h - 18h45 JUMPING Tiffany						
18h15 - 19h PILOXING Zdenka	17h30 - 18h15 BODY SCULPT Kat	17h30 - 18h15 ZUMBA Carlos				
19h - 19h45 ZUMBA Carlos	18h30 - 19h15 JUMPING Margot	18h15 - 19h HIIT Tiffany	18h - 18h30 FLASH ABDOS Kat			
19h15 - 20h Renforcement Medcon Tiffany	19h15 - 19h45 Cross Training Elodie	19h15 - 20h JUMPING Tiffany	18h35 - 19h15 JUMPING Kat et Zdenka			