

**LUNDI**

SPORT SANTÉ

10:15 - 11:00

CIRCUIT  
TRAINING

11:15 - 12:00

HYBRID  
TRAINING

12:30 - 13:15

ABDO FLASH

17:15 - 17:45

CROSS  
TRAINING

18:00 - 18:45

RENFO TONIQUE

19:00 - 19:45

YOGA

20:00 - 20:45

**MARDI**CROSS  
TRAINING

10:15 - 11:00

CAF +  
STRETCHING

11:15 - 12:00

BOXING

12:30 - 13:15

BBE FLASH

17:15 - 17:45

CAF FLASH

18:00 - 18:30

CARDIO FLASH

18:30 - 19:00

HYBRID  
TRAINING

19:00 - 19:45

BOXING

20:00 - 20:45

**MERCREDI**

SPORT SANTÉ

10:15 - 11:00

PILÂTES

11:15 - 12:00

BODY BARRE

12:30 - 13:15

CIRCUIT FLASH

17:00 - 17:45

PILÂTES

18:00 - 18:45

STRETCHING

18:45 - 19:15

CROSS  
TRAINING

19:30 - 20:15

**JEUDI**

BBE

10:15 - 11:00

STRETCHING

11:15 - 12:00

CROSS  
TRAINING

12:30 - 13:15

CAF FLASH

17:15 - 17:45

STEP  
DÉBUTANT

18:00 - 18:45

CARDIO  
BOXING

19:00 - 19:45

CROSS  
TRAINING

20:00 - 20:45

**VENDREDI**HYBRID  
TRAINING

11:15 - 12:00

ABDO FLASH

12:30 - 13:00

FULL BODY FLASH

17:15 - 17:45

STEP  
INTER

19:00 - 19:45

**SAMEDI**CIRCUIT  
TRAINING

10:15 - 11:00

HYBRID  
TRAINING

11:15 - 12:00

STRETCHING

11:45 - 12:30

**HORAIRES D'OUVERTURE**

LUNDI - JEUDI : 10:00 - 21:00

VENDREDI : 10:00 - 19:30

SAMEDI : 10:00 - 13:00