



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:30 - 09:30	Accueil, bilan & coaching 07:30 – 08:15 / 08:45 – 09:30				
	Réveil musculaire 08:15 – 08:45	Spécial dos 08:15 – 08:45	HIIT 08:15 – 08:45	CAF 08:15 – 08:45	Circuit Training 08:15 – 08:45
12:00 - 14:00	Accueil, bilan & coaching 12:00 – 12:15 / 13:30 – 14:00				
	Circuit Training 12:15 – 13:00	Yoga 12:15 – 13:00	CAF 12:15 – 13:00	Stretching 12:15 – 13:00	Full Body 12:15 – 13:00
	CAF 13:00 – 13:30	HIIT 13:00 – 13:30	Spécial dos 13:00 – 13:30	HIIT 13:00 – 13:30	Zen 13:00 – 13:30
17:30 - 19:30	Accueil, bilan & coaching 17:30 – 18:15 / 19:00 – 19:30				
	Full Body 18:15 – 19:00	CAF 18:15 – 19:00	HIIT 18:15 – 19:00	Zen 18:15 – 19:00	Circuit Training 18:15 – 19:00

- Cardio
- Renforcement
- Zen