

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30 Cuisses/Abdos/Fessiers 10h30 (R)	9h30 Pilates niv 2 10h30	9h30 Pilates niv 2 10h30	9h30 Pilates niv 1 10h30	9h30 Power Pilates niv 1/2 10h30	10h00 Power Pilates niv 1/2 11h00
				10h45 Studio Pilates 11h45	(R) Renforcement (C) Cardio (R + C) cours mixte Renforcement et Cardio
12h30 Interval training 13h10 (R)	12h30 Total body conditioning 13h10 (R+ C)		12h30 Cuisses/Abdos/Fessiers 13h10 (R)		
			15h00 Studio training 16h00		
17h00 Studio Pilates 18h00	17h40 18h10 Legs training (R)		17h40 18h10 Abdos Training (R)		
18h15 Total Body Conditioning 19h00 (R + C)	18h10 Pilates niv 2	18h15 Body sculpt 19h00 (R)	18h15 Interval training 19h00 (R)	18h15 Cardio move 19h00 (C)	
19h00 Pilates niv 1	19h10 Studio Pilates		19h00 Pilates niv 2	19h00 Studio training	
20h00	20h10		20h00	20h00	

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20h00	20h10		20h00	20h00	