



	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9h30 10h30		ÉTIREMENTS	K-FIT Mon dos	K-FIT Mon dos	PILATES STICKS	DANSE COMBAT CROSS TRAINING
10h30 11h30	K-FIT Mon dos	BOXING	K-FIT Mon dos	BIKE 30'	K-FIT Gym douce	DANSE 100% ABDO 30'
11h30 12h30	K-FIT Yoga	PILATES		LES MILLS BODYBALANCE 30'	K-FIT Étirements Mobilité	CUISSES / ABDOS FESSIERS 11H>CIRCUIT CARDIO
12h30 13h30	PILATES	CIRCUIT CARDIO	CUISSES / ABDOS FESSIERS	CIRCUIT CARDIO	LES MILLS BODYPUMP	CIRCUIT CARDIO LES MILLS BODYBALANCE

14h 15h	K-FIT Gym douce				CROSS TRAINING 12 - 14 ANS	COURS ADO						
15h 16h	K-FIT Mon dos				RENFO ADO 15 - 17 ANS							
16h 17h					CROSS TRAINING 15 - 17 ANS							
16h40 17h30									PILATES			
17h30 18h20	LATINO	BOXING	CUISSES / ABDOS FESSIERS	GYM/HALTÉRO	LATINO	TRX	FULL BODY		K-FIT Mon dos	CIRCUIT CARDIO		
18h20 19h10	CUISSES / ABDOS FESSIERS	BIKE	CIRCUIT CARDIO	LES MILLS DANCE	BIKE	CIRCUIT CARDIO	LES MILLS BODYPUMP	CIRCUIT CARDIO	LES MILLS BODYBALANCE	BOXING	LES MILLS BODYPUMP	CROSS TRAINING
19h10 20h	LES MILLS BODYATTACK		100% ABDO 30'	LES MILLS BODYBALANCE		CROSS TRAINING	LES MILLS BODYCOMBAT	CROSS TRAINING		CROSS TRAINING	LES MILLS BODYBALANCE	
20h 20h45	BIKE											

DURÉE DES COURS : ● FUNCTIONAL TRAINING = 45'/55' ● BIKE = 30' / 45' ● FITNESS = 30' / 45'