

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
06:00		 Challenge 06:00		 Bike 06:00	 Fit'Zen 40' 06:00	
08:15		 Fit'Zen 08:15		 Move 08:15	 Stretching 08:15	 Challenge 08:30
09:30	 Gym BPCO 9:30		 Gym BPCO 9:30			 Bike 09:15
10:30		 Gym Senior 10:30				 Fit'Zen 10:00
12:00	 Challenge 12:00	 Bike 12:00	 Pilates 45' 12:00	 Challenge 12:00	 Bike 12:00	
16:30	 Pilates 16:30		 Challenge 16:30	 Bike 16:30		
17:30	 Challenge 17:30	 X'trem 17:30	 Bike 17:30	 Pilates 17:30		
18:15	 Bike 18:15	 Yoga 18:30	 Fit'Zen 18:30	 Move'HIIT 18:30		