



### LUNDI

STUDIO	CINE
9H00 (45') FLY HEART®	9H00 BIKE
10H00 (45') BODY SCULPT	10H00 BIKE
11H00 (60') BODYART®	11H00 BIKE
	11H45 BIKE
12H30 (45') BODY PUMP®	12H30 BIKE
17H00 (45') ZUMBINI® [0 A 4 ANS]	17H15 BIKE
18H00 (45') BODY PUMP®	18H00 BIKE
18H50 (45') ZUMBA FITNESS®	18H50 BIKE
19H45 (45') PILATES FUSION	19H45 BIKE

### MARDI

STUDIO	CINE
10H00 (45') ZUMBA GOLD®	10H00 BIKE
11H00 (45') PILATES	
	11H45 BIKE
12H30 (45') STEP	12H30 BIKE
18H00 (45') CARDIO BOXE	18H00 BIKE
18H45 (45') C.A.F. STETCH	18H45 BIKE
19H30 (50') AFROVIBE	19H45 BIKE
20H30 (45') FLY HEART®	

### MERCREDI

STUDIO	CINE
9H15 (60') C.A.F. STRETCH	9H15 BIKE
10H30 (45') ZUMBINI® [0 A 4 ANS]	10H30 BIKE
12H30 (45') STRETCH / HATHA YOGA	12H30 BIKE
13H30 (45') FLY HEART® KIDS [7 A 9 ANS]	13H30 BIKE
14H30 (45') FLY HEART® ADOS I [10 A 12 ANS]	14H30 BIKE
15H30 (45') FLY HEART® ADOS II [+13 ANS]	15H30 BIKE
16H30 (40') ZUMBA® KIDS [5 A 9 ANS]	16H30 BIKE
17H15 (45') ZUMBA® ADOS [+10 ANS]	17H15 BIKE
18H15 (30') C.A.F.	18H00 BIKE
18H45 (45') PILOXING® SSP	18H45 BIKE
19H45 (45') FLY HEART®	19H30 BIKE

### JEUDI

STUDIO	CINE
12H30 (45') P. FUSION	12H30 BIKE
18H00 (45') STEP	18H00 BIKE
18H50 (45') PILATES	18H50 BIKE
19H45 (45') ZUMBA FITNESS®	19H45 BIKE

### VENDREDI

STUDIO	CINE
10H00 (45') PILATES	
11H00 (45') ZUMBA GOLD PILOXING® BARRE	11H00 BIKE
	11H45 BIKE
12H30 (45') FLY HEART®	12H30 BIKE
18H15 (45') BODY PUMP®	18H15 BIKE
19H05 (45') TECH. DOUCES	19H05 BIKE

### SAMEDI

STUDIO	CINE
10H00 (30') C.A.F.	9H45 BIKE
10H30 (45') STRETCHING	10H30 BIKE

#### NOTES

Le planning est susceptible de changer au cours de la saison. Le studio sera fermé 1 semaine durant les vacances de Noël et 3 semaines durant celles d'Été.