

|     | Lundi              | Mardi                     | Mercredi                   | Jeudi                   | Vendredi | Samedi            |
|-----|--------------------|---------------------------|----------------------------|-------------------------|----------|-------------------|
| 9h  | PILATES<br>9H      |                           |                            | PILATES<br>9H           |          | BOXILATES<br>9H   |
| 10h | STRETCHING<br>10H  | ASSO SPORT SANTÉ<br>10H30 | YOGA TRADITIONNEL<br>10H30 | CIRCUIT GYM<br>10H      |          | ZUMBA<br>10H      |
| 11h | CIRCUIT GYM<br>11H |                           |                            | ASSO SPORT SANTÉ<br>11H |          | POLE DANCE<br>11H |
| 12h |                    | CIRCUIT TRAINING<br>12H15 |                            |                         |          |                   |
| 13h |                    |                           |                            |                         |          |                   |
| 14h |                    | ASSO SPORT SANTÉ<br>10H30 |                            | ASSO SPORT SANTÉ<br>14H |          |                   |
| 15h |                    |                           |                            |                         |          |                   |
| 16h |                    |                           |                            | ASSO SPORT SANTÉ<br>16H |          |                   |
| 17h |                    |                           |                            | BOXILATES<br>17H30      |          |                   |
| 18h | ZUMBA<br>18H       |                           | CIRCUIT TRAINING<br>18H    | PILATES FLOW<br>18H30   |          |                   |
| 19h | PILATES<br>19H     |                           |                            |                         |          |                   |
| 20h |                    |                           |                            |                         |          |                   |