SALLE 1 - YOGA / PILATES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	7:45 - 8:30 YOGA VINYASA Christelle	7:30 - 8:30 PILATES FUSION Lisa		7:45 - 8:30 YOGA VINYASA Celine		
					10:15 - 11:15 HATHA YOGA Christelle	10:15 - 11:15 YOGA VINYASA Christelle
12:30 - 13:30 NORDIC PILATES Minna	12:30 - 13:30 PILATES Christelle	12:30 - 13:30 PILATES Diane	12:30 - 13:30 HATHA YOGA Samuel	12:15 - 13:15 PILATES FUSION Adele	11:30 - 12:30 ATHLETIC FUSION Lisa	11:30 - 12:30 YIN YOGA Christelle
18:15 - 19:15 ASHTANGA YOGA Celine						
19:15 - 20:15 YIN YOGA Celine	18:30 - 19:30 YOGA VINYASA Samuel	18:45 - 19:45 ATHLETIC FUSION Adele	18:15 - 19:15 PILATES FUSION Adele	18:45 - 19:45 YOGA VINYASA Hakima		
20:30 - 21:30 PILATES FUSION Lisa	19:45 - 20:45 PILATES FLOW Milla	20:00 - 21:00 YOGA VINYASA Alya	19:30 - 20:30 YIN YOGA Julia			

SALLE 2 - BOXING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:30 - 8:15 BOXE & BAG Aziz	7:00 - 12:00 OPEN GYM BOXE	7:30 - 8:15 BOXE & BAG Krimo	7:00 - 12:00 OPEN GYM BOXE	7:30 - 8:30 BOXE ANGLAISE Philippe		
8:15 - 9:15 BOXE ANGLAISE Aziz		8:15 - 9:15 BOXE ANGLAISE Krimo		8:30 - 9:15 CIRCUIT TRAINING BOXE Philippe	9:45 - 10:30 CIRCUIT TRAINING BOXE Jean-Baptiste	9:45 - 10:30 CIRCUIT TRAINING BOXE Philippe
9:00 - 12:00 OPEN GYM BOXE		9:00 - 12:00 OPEN GYM BOXE		9:00 - 12:00 OPEN GYM BOXE	10:30 - 11:30 BOXE FRANCAISE Jean-Baptiste	10:30 - 11:30 BOXE ANGLAISE Philippe
					11:30 - 12:30 BOXE FRANCAISE Jean-Baptiste	11:30 - 12:15 BOXE & BAG Philippe
12:00 - 12:45 CIRCUIT TRAINING BOXE Jean-Baptiste	12:00 - 12:45 BOXE & BAG Aziz	12:00 - 13:00 BOXE ANGLAISE Sebastien	12:00 - 13:00 BOXE ANGLAISE Franck	12:00 - 12:45 BOXE & BAG Krimo	12:15 - 14:30 OPEN GYM BOXE	
12:45 - 13:45 BOXE FRANCAISE Jean-Baptiste	12:45 - 13:45 BOXE ANGLAISE Aziz	13:00 - 13:45 BOXE & BAG Sebastien	13:00 - 13:45 CIRCUIT TRAINING BOXE Franck	12:45 - 13:45 BOXE ANGLAISE Krimo		
14:00 - 18:00 OPEN GYM BOXE	14:00 - 18:00 OPEN GYM BOXE	14:00 - 18:15 OPEN GYM BOXE	14:15 - 18:00 OPEN GYM BOXE	16:00 - 16:45 OPEN GYM BOXE	14:45 - 15:45 BOXE ANGLAISE Aziz	
					15:45 - 16:30 BOXE & BAG Aziz	
18:15 - 19:00 BOXE & BAG Patrick	18:15 - 19:00 CIRCUIT TRAINING BOXE Lucie	18:15 - 19:00 CIRCUIT TRAINING BOXE Jean-Baptiste	18:15 - 19:15 BOXE ANGLAISE Ibrahim	18:15 - 19:15 BOXE & BAG Patrick		
19:00 - 20:00 BOXE FRANCAISE Patrick	19:00 - 20:00 BOXE ANGLAISE Lucie	19:15 - 20:15 BOXE FRANCAISE Jean-Baptiste	19:15 - 20:15 BOXE FRANCAISE Ibrahim	19:15 - 20:15 BOXE ANGLAISE Patrick		
20:00 - 21:00 BOXE ANGLAISE Patrick	20:00 - 21:00 BOXE ANGLAISE Lucie	20:15 - 21:15 BOXE FRANCAISE Jean-Baptiste				

SALLE 3 - CROSSFIT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:00 - 8:00 WOD Julien V	7:00 - 8:00 WOD Jimmy	7:00 - 8:00 WOD Julien P	7:00 - 8:00 WOD Martin	7:00 - 7:45 WOD CONDITIONING Sandra		
8:00 - 8:45 WOD CONDITIONING Julien V	8:00 - 9:00 WOD Jimmy	8:00 - 9:00 WOD CONDITIONING Julien P	8:00 - 8:45 WOD CONDITIONING Martin	7:45 - 8:45 BOOTY SHAPE Sandra	9:15 - 10:15 WOD TEAM Martin	9:15 - 10:00 WOD CONDITIONING Julien V
9:00 - 12:00 OPEN GYM CROSSFIT	9:00 - 11:00 OPEN GYM CROSSFIT	9:00 - 12:00 OPEN GYM CROSSFIT	9:00 - 12:00 OPEN GYM CROSSFIT	9:00 - 12:00 OPEN GYM CROSSFIT	10:15 - 11:15 WOD TEAM Martin	10:00 - 11:00 WOD Julien V
	11:30 - 12:15 MUSCU. FONCTIONNELLE Alexis	12:00 - 13:00 WOD Julien V	12:00 - 12:45 MUSCU. FONCTIONNELLE Julien P	12:00 - 13:00 WOD Julien V	11:15 - 12:15 RUN & SKILLS Sandra	11:15 - 12:15 WOD Julien V
12:00 - 13:00 WOD Julien V	12:15 - 13:00 WOD CONDITIONING Antoine	13:00 - 13:45 ENDURANCE TRAINING Julien P	12:00 - 12:45 WOD CONDITIONING Antoine	13:00 - 13:45 POWER LIFTING Julien V	11:30 - 12:30 WOD TEAM Martin	12:15 - 13:00 WOD CONDITIONING Julien V
13:00 - 13:45 WOD CONDITIONING Julien V	13:00 - 14:00 WOD Antoine	13:00 - 13;45 POWER LIFTING Julien V	12:45 - 13:45 WOD Antoine	13:00 - 13:45 ENDURANCE TRAINING Julien P	12:30 - 13:15 WOD CONDITIONING Sandra	
14:0 - 17:00 OPEN GYM CROSSFIT	14:15 - 17:45 OPEN GYM CROSSFIT	14:30 - 17:00 OPEN GYM CROSSFIT	14:00 - 17:45 OPEN GYM CROSSFIT	16:15 - 17:00 OPEN GYM CROSSFIT	13:30 - 15:00 OPEN GYM CROSSFIT	
17:30 - 18:30 WOD GYM Antoine	17:45 - 18:45 WOD HALTERO Jimmy				15:00 - 16:00 WOD TEAM Julien V	
18:30 - 19:30 WOD Antoine	18:00 - 19:00 WOD INITIATION Sandra	17:30 - 18:15 WOD CONDITIONING Antoine			16:00 - 17:00 WOD INITIATION Julien V	
18:45 - 20:00 RUN & SKILLS Sandra	18:45 - 19:45 WOD Jimmy	18:15 - 19:15 WOD HALTERO Antoine	17:30 - 18:15 WOD CONDITIONING Julien P	17:45 - 18:30 WOD CONDITIONING Julien P		
19:45 - 20:45 WOD Julien V	19:00 - 19:45 ENDURANCE TRAINING Sandra	18:30 - 19:15 MUSCU. FONCTIONELLE Julien V	18:15 - 19:15 WOD Julien P	18:30 - 19:30 WOD Julien P		
20:00 - 20:45 BOOTY SHAPE Sandra	20:00 - 21:00 WOD Jimmy	19:30 - 20:30 WOD Julien V	19:30 - 20:30 WOD Julien P	19:30 - 20:30 WOD Julien P		
20:45 - 21:30 WOD Julien V	21:00 - 21:45 WOD CONDITIONING Jimmy	20:30 - 21:30 WOD Julien V	20:30 - 21:30 WOD GYM Julien P			

SALLE 4 - CYCLING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:00 - 12:00 OPEN GYM CYCLING	7:30 - 8:15 CYCLING RPM Nathalie	7:00 - 12:00 OPEN GYM CYCLING	7:15 - 8:00 CYCLING EXPERIENCE Jean-Philippe	7:00 - 12:00 OPEN GYM CYCLING		
	8:30 - 12:00 OPEN GYM CYCLING		8:30 - 12:00 OPEN GYM CYCLING		10:15 - 11:00 CYCLING EXPERIENCE Jean-Philippe	11:00 - 12:00 CYCLING RPM XL Nathalie
					11:15 - 12:00 CYCLING PERFORMANCE Jean-Philippe	12:00 - 13:00 OPEN GYM CYCLING
					13:00 - 17:30 OPEN GYM CYCLING	
12:15 - 13:00 CYCLING EXPERIENCE Adele	12:45 - 13:30 CYCLING PERFORMANCE Alexis	12:45 - 13:30 CYCLING PERFORMANCE Sebastien	12:15 - 13:00 CYCLING EXPERIENCE Adele	12:45 - 13:30 CYCLING PERFORMANCE Roxane		
14:00 - 18:00 OPEN GYM CYCLING	14:00 - 17:30 OPEN GYM CYCLING	14:00 - 18:00 OPEN GYM CYCLING	14:00 - 18:00 OPEN GYM CYCLING	14:00 - 21:00 OPEN GYM CYCLING		
19:15 - 20:15 CYCLING PERFORMANCE XL Vincent	18:30 - 19:15 CYCLING EXPERIENCE Fanny	19:00 - 20:00 CYCLING RPM XL Sebastien	18:30 - 19:15 CYCLING EXPERIENCE Jean-Philippe			
	19:30 - 20:15 CYCLING EXPERIENCE Fanny		19:30 - 20:15 CYCLING PERFORMANCE Jean-Philippe			