

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
BODYPUMP <i>Cours virtuel</i> 9H30 – 10h15 (45min)	BODYCOMBAT <i>Cours virtuel</i> 9H30 – 10h25 (55min)	BODYPUMP <i>Cours virtuel</i> 9H30 – 10h15 (45min)	BODYATTACK <i>Cours virtuel</i> 9H30 – 10h00 (30min)	RPM <i>avec coach ARNAUD</i> 9H30 – 10h15 (45min)	
BODY BALANCE <i>Cours virtuel</i> 10H30 – 11h25 (55min)			BODYBALANCE <i>Cours virtuel</i> 10H30 – 11h25 (55min)	C.A.F - STRETCH <i>avec coach ARNAUD</i> 10H30 – 11h15 (45min)	BODYPUMP <i>avec coach ARNAUD</i> 10H00 – 10h45 (45min)
BODYPUMP <i>avec coach ARNAUD</i> 12H30 – 13h15 (45min)	BODYATTACK <i>avec coach ARNAUD</i> 12H30 – 13h15 (45min)	RPM <i>avec coach CAROLINA</i> 12H30 – 13h15 (45min)	BODYCOMBAT <i>avec coach ARNAUD</i> 12H30 – 13h15 (45min)	ZUMBA <i>avec coach CATHERINE</i> 12H30 – 13h15 (45min)	RPM <i>avec coach ARNAUD</i> 11H00 – 11H45 (45min)
		BOXE <i>avec coach KARIM</i> 12H30 – 13h30 (60 min)		RPM <i>avec coach ARNAUD</i> 12H30 – 13h15 (45min)	
RPM <i>avec coach ARNAUD</i> 17H45 – 18h30 (45min)	ZUMBA <i>avec coach CATHERINE</i> 17H45 – 18h30 (45min)	BODYCOMBAT <i>avec coach ARNAUD</i> 17H45 – 18h30 (45min)	HIIT CIRCUIT <i>avec coach CATHERINE</i> 17H45 – 18h30 (45min)	GRIT CARDIO <i>Cours virtuel</i> 17H15 – 17h45 (30min)	
CARDIO BOXE <i>avec coach VINCENT</i> 18H00 – 18H30 (30min)	YOGA <i>avec coach CATHERINE</i> 18H40 – 19H25 (45min)	BODYATTACK <i>avec coach ARNAUD</i> 18H40 – 19h25 (45min)	FULL BODY <i>avec coach CATHERINE</i> 18H45 – 19h30 (45min)	GRIT ATHLETIC <i>Cours virtuel</i> 18H00 – 18H30 (30min)	
BODYPUMP <i>avec coach ARNAUD</i> 18H40 – 19h25 (45min)	RPM <i>avec coach ARNAUD</i> 18H40 – 19h25 (45min)	KRAV-MAGA SELF DÉFENSE <i>avec coach MICHEL</i> NEW 19H30 – 20h30 (60min)			