

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
BODYPUMP <i>Cours virtuel</i> 9H30 – 10H15 (45min)	BODYCOMBAT <i>Cours virtuel</i> 9H30 – 10H15 (45min)	BODYPUMP <i>Cours virtuel</i> 9H30 – 10H15 (45min)	BODYATTACK <i>Cours virtuel</i> 9H30 – 10H15 (45min)	RPM <i>avec coach PEROLINE</i> 9H30 – 10H15 (45min)	BODYPUMP <i>avec coach Gabrielle</i> 10H00 – 10H45 (45min)
BODY BALANCE <i>Cours virtuel</i> 10H30 – 11H15 (45min)			BODYBALANCE <i>Cours virtuel</i> 10H30 – 11H15 (45min)	C.A.F - STRETCH <i>avec coach PEROLINE</i> 10H30 – 11H15 (45min)	RPM <i>avec coach Gabrielle</i> 11H00 – 11H45 (45min)
FULL BODY CARDIO <i>avec coach CATHERINE</i> 12H30 – 13H15 (45min)	CROSS TRAINING <i>avec coach VINCENT</i> 12H30 – 13H15 (45min)	RPM <i>avec coach Gabrielle</i> 12H30 – 13H15 (45min) Salle de cours collectifs réservée pour nos SPORTS DE COMBAT 12H30 – 13H30 (60min)	STEP <i>avec coach Gabrielle</i> 12H30 – 13H15 (45min)	ZUMBA <i>avec coach CATHERINE</i> 12H30 – 13H15 (45min)	RPM <i>avec coach PEROLINE</i> 12H30 – 13H15 (45min)
RPM <i>avec coach Gabrielle</i> 17H45 - 18H30 (45min)	ZUMBA <i>avec coach CATHERINE</i> 17H45 – 18H30 (45min)	C.A.F <i>avec coach VINCENT</i> 17H45 – 18h30 (45min)	HIIT CIRCUIT <i>avec coach CATHERINE</i> 17H45 – 18H30 (45min)	GRIT CARDIO <i>Cours virtuel</i> 17H15 – 17H45 (30min)	GRIT ATHLETIC <i>Cours virtuel</i> 18H00 – 18H30 (30min)
HIIT BOXING <i>avec coach VINCENT</i> 18H00 – 18H30 (30min)	YOGA <i>avec coach CATHERINE</i> 18H40 – 19H25 (45min)	CROSS TRAINING <i>avec coach VINCENT</i> 18H40 – 19h25 (45min)	FULL BODY MUSCU <i>avec coach CATHERINE</i> 18H45 – 19H30 (45min)		
CROSS TRAINING <i>avec coach VINCENT</i> 19H05 - 19H50 (45min)	RPM <i>avec coach Gabrielle</i> 18H40 – 19H25 (45min)				
		Salle de cours collectifs réservée pour nos SPORTS DE COMBAT 19H30 – 20H30 (60min)			

SPORTS DE COMBAT
Mercredi de 12H30 à 13H30 avec **KARIM**
BOXE ANGLAISE
Mercredi de 19H30 à 20H30 avec **MICHEL**
KRAV-MAGA SELF-DÉFENSE