








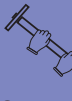





## PLANNING FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h/12h	<b>ACCÈS ESPACE-CARDIO</b>					
10h/10h45	<b>LES MILLS tone</b>	 <b>BODY-SCULPT</b>	 <b>ATELIER GYM DOUCE</b>	 <b>BODY-SCULPT</b>	FERMÉ	 <b>FIT 'RUN CARDIO</b>
11h/11h45	<b>LES MILLS BODYBALANCE</b>	 <b>STRETCHING</b>	 <b>PILATES</b>	<b>LES MILLS BODYBALANCE STRETCHING</b>	FERMÉ	<b>LES MILLS BODYBALANCE</b>
12h15/13h	 <b>STRETCHING</b>					
17h/20h ACCÈS ESPACE-CARDIO			<b>17H-17H45</b>  <b>FIT KIDS</b>			
18h/18h45		 <b>TAF</b>	<b>LES MILLS BODYATTACK</b>			
18h15/19h	 <b>BODY BARRE</b>			<b>LES MILLS tone</b>		
19h/19h45	 <b>CARDIO STEP</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYBALANCE</b>		