

| | 9 H 15 | 10 H 00 | 10 H 45 | 11 H 00 | 12 H 30 | 14 H 30 | 15 H 15 | 15 H 30 | 15 H 45 | 16 H 00 | 16 H 45 | 17 H 30 | 17 H 45 | 18 H 15 | 18 H 30 | 18 H 45 | 19 H 00 | 19 H 15 | 19 H 30 | 20 H 00 | 20 H 15 | |
|------|-------------------------|--------------------------|--------------------------|------------------------|--------------------------|-------------------------|--------------------------|--------------------------|------------------------|--------------------------|--------------------------|---------|--------------------------|------------------------|--------------------------|-------------------------|-------------------------|--------------------------|--------------------------|------------------------|---------|--|
| Lun. | 9:15 BBEA (45'') | 10:00 YOGA (90'') | | | 12:30 BODYB (45'') | 14:30 GT (45'') | | 15:30 AQ (45'') | | | | | 17:45 BBEA (45'') | 18:30 TBC (45'') | 18:30 TBC (45'') | | | 19:15 BODYB (45'') | | | | |
| | | 10:00 CAF (45'') | | | 12:30 AQ (45'') | | | | | | | | | | | | | | 19:15 SPI (45'') | 20:00 ATG (45'') | | |
| Mar. | 9:15 SPI (45'') | 10:00 BBEA (45'') | | 11:00 AQ (45'') | 12:30 SPI (45'') | 14:30 BS (45'') | | 15:30 AQB (45'') | | | | | 17:45 TBC (45'') | 18:30 AQ (45'') | 18:30 AQ (45'') | | | 19:15 ZUM (45'') | | | | |
| | | 10:00 GC (45'') | | | 12:30 PILAT (45'') | | | | | | | | | | 18:30 PILAT (45'') | | | | | | | |
| Mer. | 9:15 BS (45'') | 10:00 ZUM (45'') | | 11:00 AQB (45'') | 12:30 BODYP (45'') | 14:30 GT (45'') | | | | 16:00 AQ (45'') | | | 17:45 CAF (45'') | 18:30 SPI (45'') | 18:30 SPI (45'') | | | 19:15 ZUM (45'') | 20:00 CROSS (45'') | | | |
| | | | | | 12:30 AQ (45'') | | | | | | | | | | 18:30 BODYB (45'') | | | | | | | |
| Jeu. | 9:15 GT (45'') | 10:00 CT (45'') | 10:45 S (45'') | | 12:30 SPI (45'') | 14:30 CAF (45'') | | | | 16:00 AQ (45'') | | | 17:45 BBEA (45'') | 18:30 ATG (45'') | 18:30 ATG (45'') | 19:00 YOGA (90'') | | | | | | |
| | | 10:00 GD (45'') | | | 12:30 BBEA (45'') | | | | | | | | | | | 18:30 AQ (45'') | 19:00 YOGA (90'') | | 19:15 CT (60'') | | | |
| Ven. | 9:15 CAF (45'') | 10:00 PILAT (45'') | 10:45 BODYB (45'') | | 12:30 BS (45'') | 14:30 BBEA (45'') | | | | 16:00 AQ (45'') | | | 17:45 BODYP (45'') | 18:30 AQ (45'') | 18:30 AQ (45'') | | | | | | | |
| | | | | | | | | | | | | | | | | 18:45 SPI (45'') | 19:30 SPI (45'') | | | | | |
| Sam. | 9:15 BODYP (45'') | 10:00 YOGA (90'') | | 11:00 AQ (45'') | | 14:30 ZUM (45'') | 15:15 BODYP (45'') | 16:00 BODYP (45'') | 16:00 TBC (45'') | 16:45 PILAT (45'') | 17:30 BODYB (45'') | | | | | | | | | | | |
| | | 10:00 TBC (45'') | | | | | | | | | | | | | | | | | | | | |
| Dim. | 9:15 BBEA (45'') | 10:00 SPI (45'') | 10:45 TBC (45'') | | | 14:30 CAF (45'') | 15:15 BBE (45'') | 16:00 BBE (45'') | | | | | | | | | | | | | | |
| | | 10:00 CAF (45'') | | 11:00 AQ (45'') | | | | 15:45 S (45'') | | | | | | | | | | | | | | |



| | | |
|----------|----------|----------|
| Alain | Rabah | Anthony |
| Matthieu | Sandra | Caroline |
| Isabelle | Sophie | |
| Julien | Brigitte | |
| Patrick | Robin | |
| Olivier | Joelle | |

| | | | |
|---------------------------|---------------------------|----------------------------|--------------------------|
| BBEA : BRAS BUSTE ÉPAULES | ATG : ABDO TAILLE GAINAGE | ZUM : ZUMBA | CROSS : CROSS TRAINING |
| CAF : CUISSÉ ABDO FESSIER | SPI : SPINNING | PILAT : PILATES MODIFIÉS | BBE : BRAS BUSTE ÉPAULES |
| YOGA : YOGA | GC : GYM CHINOISE | CT : CIRCUIT TRAINING | |
| BODYB : BODYBALANCE | AQB : AQUABIKING | TBC : TOTAL BODY CONDITION | |
| GT : GYM TRADITIONNELLE | AQ : AQUA GYM | GD : GYM DOUCE | |
| BODYP : BODYPUMP | BS : BODY SCULPT | S : STRETCHING | |