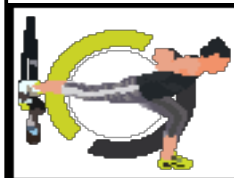




PLANNING FITNESS

A partir du 31 août 2026

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
 09H30 Biking	 09H30 Circuit Training	 09H30 TRX	 09H30 Cardio Minceur	 09H30 Pilâtes	10H Tonie Barre 10H45 Step 10H Circuit Training 10H45 Pilâtes 10H TRX 10H45 CAF 10H Cardio Minceur 10H45 Stretching 12/09/2026 10/10/2026 21/11/2026 19/12/2026 19/09/2026 17/10/2026 14/11/2026 12/12/2026 05/09/2026 03/10/2026 07/11/2026 05/12/2026 26/09/2026 24/10/2026 28/11/2026
 10H15 Stretching	 10H15 Body STYP	 10H15 CAF	 10H15 Stretching	 Step	
 12H20 CAF	 12H20 Bike Hiit	 12H20 Circuit Training	 12H20 Pilâtes	 12H20 Cardio Hiit	
 17H30 Tonic Barre	 17H30 TRX				
 18H15 Bike Hiit	 18H15 Biking	 18H15 Tonic Barre	 18H15 Cardio Hiit		
 19H00 Stretching	 19H00 Pilâtes	 19H00 Body STYP	 19H00 CAF		