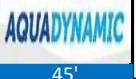
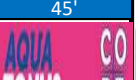
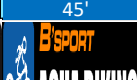
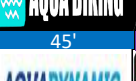
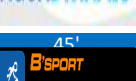


	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30												
10h30	 45'		RENFORCEMENT MUSCULAIRE 45'			 45'	 55'		Cuisses Abdos Fessiers 45'		 45'	
11h30		 45'		 45'	 45'			 45'		 45'	 45'	
12h00												
12h30		 30'				 30'		 45'				45'
13h30	 45'	 45'	 45'	 45'	 45'	 12h35  45'	 45'	 45'	 45'	 45'		 45'
14h30												
16h00												
17h00				 45'								
17h30	17H15  30'	 45'	17H15 Cuisses Abdos Fessiers 30'	 45'		 45'		 45'	17H15  45'		DIMANCHE	
18h00	 45'	 45'	 45'	 45'	 45'	 45'	ZEN STRETCH 45'	 45'	 45'	 45'		
18h30												
19h00	 55'	 45'	 55'	 45'	 55'	 45'	 45'	 55'	 45'	 45'	 45'	 45'
20h00	 45'	 45'	 30'	 40'	ZEN STRETCH 45'	 45'	 45'					

renforcement musculaire

cardio

renforcement muscles profonds, dos

danse

ouvert 7j/7

lundi/mardi/mercredi/jeudi/vendredi - 7h00/22h30

samedi et dimanche 9h00/18h00

serviette obligatoire, chaussures propres

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