

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7H00	7H00-7H45 : COURS PRIVILEGE					9H - 15H
8H15	BIKE	BODY BARRE	VENDOME TRAINING	CAF	FULL BODY	
9H15	GYM TRAD	CAF	GYM TRAD	VENDOME SANTE	PILATES	GYM TRAD
10H15	STRETCHING	VENDOME SANTE	STRETCHING	GYM TRAD	CAF	BIKE
11H						100% ABDOS
12H30	CAF	PILATES	YOGA	SPEED BIKE	GYM TRAD	12H A 15H
				ABDOS		
15H		VENDOME SANTE	KRAV MAGA enfants 14h30-15h30 : 4-8 ans 15h30-16h30 : 8-13 ans	GYM TRAD		ENTRAINEMENT LIBRE
			KRAV MAGA ados/adultes 16h30-17h30			
17H15	17H30 : 100% ABDOS		100% ABDOS	VENDOME SANTE	CAF	DIMANCHE
18H15	VENDOME SANTE	CAF	VENDOME SANTE	YOGA & CAF (18H05)	BIKE	9H - 13H
19H05	BODY BARRE	BIKE	BODY BARRE	VENDOME TRAINING		ENTRAINEMENT LIBRE
20H	BOXE			BOXE		
	FERMETURE 21H					