

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|--|--------------------------|---|---|--------------------------------------|------------------------------------|
| 9h/10h Gym tonique | 9h/10h Gym tonique | | 9h/10h Gym tonique | | 9h15/10h15 Yoga avec Magali |
| | 10h30/11h15 Pilates 1 | 10h30/11h30 Gym douce | | | 10h30/11h45 Yoga avec Magali |
| 12h15/13h Pilates 1/2 | | 16h/16h45 Eveil corporel & rythmique (3/5 ans) | | 12h15/13h15 Yoga avec Gabriele | |
| 17h/18h Dancefloor (6-7 ans) | 18h/18h45 Pilates 1/2 | 17h/18h Dancefloor (8-10 ans) | 17h/17h45 Eveil corporel & rythmique (3-5 ans) | | |
| 18h30/19h30 Body-training Stretching | 19h/20h Body-training | 18h15/19h15 Speedance ados (11-15 ans) | 18h15/19h15 Body-training | 18h30/19h30 Yoga avec Gabriele | |
| | 20h15/21h Pilates 2 | 19h30/20h30 Speedance adultes | 19h30/20h30 Body-training Stretching | | |