

Heure / Jour	Lundi	Mardi	Mercredi	Jeudi	Vendredi
09:00 - 10:00	CAF 09:30 - 10:15 Street Fitness Fitness	FULL BODY 09:30 - 10:00 Street Fitness Fitness	100% ABDOS 09:30 - 10:05 Street Fitness Fitness	MAXI FESSIERS 09:30 - 10:00 Street Fitness Fitness	BIKE 09:30 - 10:15 Street Fitness Fitness
12:00 - 13:00	BIKE 12:30 - 13:15 Street Fitness Fitness	STREET PUMP 12:30 - 13:15 Street Fitness Fitness	CAF 12:30 - 13:15 Street Fitness Fitness	BIKE 12:30 - 13:15 Street Fitness Fitness	CROSS TRAINING 12:30 - 13:15 Street Fitness Fitness
17:00 - 18:00	CROSS TRAINING 17:30 - 18:15 Street Fitness Fitness		FULL BODY 17:30 - 18:00 Street Fitness Fitness	STREET PUMP 17:30 - 18:15 Street Fitness Fitness	
18:00 - 19:00	CAF 18:15 - 19:00 Street Fitness Fitness	STREET PUMP 18:00 - 18:45 Street Fitness Fitness	STEP 18:00 - 18:45 Street Fitness Fitness	ABDOS / FESSIERS 18:15 - 18:45 Street Fitness Fitness	STEP 18:00 - 18:45 Street Fitness Fitness
		100% ABDOS 18:45 - 19:15 Street Fitness Fitness	BIKE 18:45 - 19:30 Street Fitness Fitness	BIKE 18:45 - 19:30 Street Fitness Fitness	CAF 18:45 - 19:30 Street Fitness Fitness