

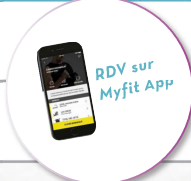


1 CARTE = 3 CLUBS
SANS ENGAGEMENT !

6H/23H
7J/7

REVEL

LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI			
H	Cours		H	Cours		H	Cours		H	Cours		H	Cours		H	Cours		
9:30	CUISSES ABDOS FESSIERS	30' salle fitness	9:30	SCULPT	30' salle fitness				9:30	PILATES	45' salle fitness	9:30	PUMP	30' salle fitness				
10:00	PILATES	30' salle fitness	10:00	RPM	30' salle Cycling				10:00	STRETCH	15' salle fitness	10:00	CUISSES ABDOS FESSIERS	30' salle fitness	10:00			
12:30	CUISSES ABDOS FESSIERS	30' salle fitness	12:30	CROSS TRAINING +	30' Zone Fonctionnelle				12:30	PILATES	30' salle fitness	12:30	RPM	30' salle Cycling				
18:00	PUMP	45' salle fitness	18:00	RPM	45' salle Cycling	18:00	PILATES	45' salle fitness	18:00	ATTACK	45' salle fitness	18:00	ZUMBA	45' salle fitness				
18:45	ATTACK	45' salle fitness	18:00	CROSS TRAINING +	30' Zone Fonctionnelle	18:00	CYCLING +	30' salle Cycling	18:45	STEP	45' salle fitness	18:45	CUISSES ABDOS FESSIERS	30' salle fitness				
19:30	CYCLING +	30' salle Cycling	18:45	TAILLE ABDOS	30' salle fitness	18:45	PUMP	30' salle fitness	18:45	CROSS TRAINING +	30' Zone Fonctionnelle							
			19:15	PILATES	45' salle fitness	19:15	COMBAT	30' salle fitness	19:30	RPM	45' salle Cycling							



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