

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10 H 15	<i>Pilates</i> 45'	CROSS TRAINING 60'	TRX [®] PURE 45'	CROSS TRAINING 60'	TEAM CROSS TRAINING 60'	10H30 HIIT RENFO 30' TEAM CROSS TRAINING 60'
11 H 15	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CYCLING SPRINT 30' TEAM CROSS TRAINING 60'
12H15	HIIT RENFO 30' BOXING 45'	Yoga 45' CYCLING SPRINT 30'	Pilates 45' TRX [®] CIRCUIT 45'	TRX [®] CORE 30' CROSS TRAINING 60'	TRX [®] PURE 45' TEAM CROSS TRAINING 60'	OPEN GYM
14H	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
17H15	17H30 Mobilité 30'	CROSS TRAINING 60'	CROSS TRAINING 60'	Pilates 45' CROSS TRAINING 60'	17H30 TRX [®] CORE 30' TEAM CROSS TRAINING 60'	Salle de Cours
18H15	TRX [®] PURE 45' CROSS TRAINING 60'	18H30 TRX [®] CORE 30' CROSS TRAINING 60'	Yoga 45' CROSS TRAINING 60'	C.A.F 45' CROSS TRAINING 60'	CYCLING SPRINT 30' TEAM CROSS TRAINING 60'	Zone Fonctionnelle
19H15	CYCLING SPRINT 30' CROSS TRAINING 60'	HIIT RENFO 30' CROSS TRAINING 60'	BOXING 45' CYCLING RACE 45' LES MILLS BODYJAM 45'	Stretching 45' CROSS TRAINING 60'	TRX [®] CIRCUIT 45'	RESERVATION VIA DECIPLUS
20H15	CROSS TRAINING 60'	TRX [®] CIRCUIT 45'	CROSS TRAINING 60'	BOXING 45'	WOD COMPÉTITEUR 90'	CODE CENTRE : ORIZONFITNESS