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|  | **Lundi** | **Mardi** | **Jeudi** | **Vendredi** | **Samedi** | **Dimanche** |
| **8h45-9h45** |  | **GYM VITALITE** |  | **GYM VITALITE** |  | **RANDO JOURNEE (mensuelle)** |
| **9h-10h30** |  |  |  |  | **MARCHE** |
| **12h15-13h15** | **GYM VITALITE** |  |  | **GYM VITALITE** |  | **ATELIER PILATES** (mensuel) 10h-11h30 |
| **12h30-13h30** |  | **ACTI'MARCH** |  |  |  |  |
| **15h-16h** | **GYM DOUCE** |  | **GYM DOUCE** | **GYM DOUCE** |  |  |
| **16h-17h** |  | **GYM ACTIVE** |  |  |  |  |
| **17h15-18h15** |  | **STRETCH** |  |  |  |  |
| **16h30 – 17h30** |  |  | **PILATES 1** |  |  |  |
| **17h30-18h30** | **GYM DOUCE** |  | **PILATES 2** |  |  |  |
| **18h30-19h30** |  |  | **STRETCH** |  |  |  |
| **19h-20h** |  | **GYM VITALITE** |  | **GYM ACTIVE** |  |  |
| **19h30-20h30** |  |  | **CARDIO FUN** |  |  |  |