

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h30 – 10h15 A F C		9h30 – 10h15 A F C			
10h15 – 11h PILATES		10h15 – 11h PILATES			10h00 – 10h45 XTREM BOX
12H15 – 13H CIRCUIT TRAINING		12H15 – 13H CIRCUIT TRAINING		12H15 – 13H CIRCUIT TRAINING	10h45 – 12h00 KRAVMAGA
		14H-15H ZUMBA COURS ADOS			
		15H-16H CROSS TRAINING COURS ADOS			
18h – 18h45 A F C	18h – 18h45 NEWBODYPIC	18h – 18h45 A F C	18h – 18h45 A F C	18h – 18h45 NEWBODYPIC	
18h45 – 19h30 STEP (conf)	18h45 – 19h30 A F C	18h45 – 19h30 STEP (débutant)	18h45 – 19h30 BODY BARRE	18h45 – 19h30 PILATES	
19h30 – 20h15 ZUMBA	19h30 – 20h15 CROSSPIC	19h30 – 20h15 ZUMBA	19h30 – 20h15 CROSSPIC		

- Application pour Réservation: [deciplus](#)
- Code du centre : [newpicsports](#)
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