

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		8 :30-9 :30 HIIT Vasso		5:45-6:15 Matin express Typhaine	9h-10h Club de course Achraf	
		9 :15-10 :15 Renforcement /Musclation Pierre		6 :30-7h Matin express Typhaine	9h-10h Fitness jeunesse	
9h-10h Power circuit Vasso			9:30-10:15 Tabata Typhaine	9h-9 :30 BodyShred Vasso	9:30-10:30 Cardio trampo Helga	9:30-10:30 Cardio trampo Helga
9:15-10 :15 Renforcement Musculaire Pierre				10h-11h Fascial fitness Sari	10h-11h Booty bootcamp Kristine	
10 :30-11h BodyShred Vasso				12-13h Strongman Annelies	12h-13h Fitness jeunesse	
12-12:30 Club de course Achraf		18:30-19 :30 Club de course Achraf				
12:30-13h Club de course Achraf		18:30-19:30 Total 360 Kristine	18h-19h 113% Kristine			
18:15-18 :45 BodyShred Vasso	17h-18h Fitness jeunesse Vasso	18 :30-19 :30 HIIT Vasso	18:30-19:30 Combo Vasso			
18 :45-19 :15 BodyShred Vasso	18:30-19 :30 Power circuit Vasso	19h-20h Tennis fit Christopher	19h-20h Fitness jeunesse	18h-18 :30 BodyShred Vasso		
19 :30-20 :30 Fitness jeunesse	19:30-20:30 Power circuit Vasso	19 :30-20 :30 HIIT Vasso	19:30-20:30 Fitness jeunesse	19h-20h Fitness jeunesse		