

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		8:30-9:30 HIIT Vasso				
					9h-10h Fitness jeunesse Chris	9:30-10:30 Fitness jeunesse Michael
9h-10h Power circuit Vasso	9h00-9h45 Tabata Vasso				9:30-10:30 Cardio trampo Helga	9:30-10:30 Cardio trampo Helga
						12h-13h Kickbox fit Kevin
10:30-11h BodyShred Vasso					12h-13h Fitness jeunesse Chris	11-12h Fitness jeunesse Michael
12-13h00 Club de course Achraf		18:00-19:00 Club de course Achraf				12:30-13:30 Fitness jeunesse Michael
19h-19h30 BodyShred Vasso		18:30-19:30 HIIT Vasso	18:30-19:30 Combo Vasso			
19h15-20h15 Tennis fit Chris (27 mai-23juin)	18:30-19:30 Power circuit Vasso	19h-20h Tennis fit Christopher (27 mai- 23juin)	19h-20h Fitness jeunesse			
19:30-20:30 Fitness jeunesse Vasso	19:30-20:30 Power circuit Vasso	19:30-20:30 HIIT Vasso	19:30-20:30 Fitness jeunesse Vasso	19h-20h Fitness jeunesse		