

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9h-10h Power circuit Vasso	9h-10h Tabata Vasso	9h -10h HIIT Vasso				9:30-10:30 Fitness jeunesse Michael
		9:15-10:15 Kickboxe Mo				
			18h -19h Kickboxe Kevin		10-11h Booty bootCamp Kristine	11-12h Fitness jeunesse Michael
		18h-19h Initiation au Cardio Trampo (Gratuit)			10:30-11:30 Kickboxe Parent/Enfant Mo	12:30-13:30 Fitness jeunesse Michael
	18h -19h Kickboxe Kevin	18:30-19:30 Pop-up strenght circuit Kristine	18:30-19:30 Combo Vasso		12-13h Fitness jeunesse Chris	
19h15-20h15 Tennis fit Chris	18:30-19:30 Power circuit Vasso	18:30-19:30 HIIT Vasso	18 :30-19:30 Fitness jeunesse Samuel		13-14h Fitness jeunesse Michael	
19h-19 :30 BodyShred Vasso	19:30-20:30 Power circuit Vasso	19h-20h Tennis fit Chris	19 :30-20:15 Tabata Vasso	19h-20h Fitness jeunesse Samuel		
19 :30-20 :30 Fitness jeunesse Vasso		19:30-20:30 HIIT Vasso	19:30-20:30 Fitness jeunesse Samuel			