

Lundi		Mardi		Mercredi		Jeudi		Vendredi		Samedi	
09h30–10h15 C.A.F		09h30–10h15 YOGA				09h30 - 10h15 CROSS TRAINING		09h30 - 10h15 MOBILITÉ by Bella		09h30 - 10h15 PILATES	
10h30 - 11h15 HYROX		10h30 - 11h15 HYROX		10h30 - 11h15 PILATES						10h15 - 11h00 CROSS TRAINING	
										11h00 - 11h30 CYCLING by Bella	
12h30 - 13h15 CARDIO by Bella		12h30 - 13h00 HYROX		12h30 - 13h15 CYCLING by Bella		12h30 - 13h15 HYROX		12h30 - 13h00 100% ABDOS			
				16h30 - 17h15 HYROX Youngstar 8-14ans							
17h30 - 18h15 FORCE by Bella		17h45 - 18h30 C.A.F		17h30 - 18h15 STEP		17h45 - 18h15 CYCLING by Bella					
18h30 - 19h15 CARDIO by Bella		18h30 - 19h15 CARDIO by Bella		18h30 - 19h15 C.A.F		18h30 - 19h15 HYROX		18h30 - 19h15 CROSS TRAINING			
19h15 - 20h00 CYCLING by Bella	19h15 - 20h00 HYROX	19h15–19h45 MOBILITÉ by Bella		19h15 - 19h45 CYCLING by Bella		19h30 - 20h15 ZUMBA					