

Horaires	Lu	Ma	Me	Je	Ve	Sa	Di
00:00		ABDOS		ABDOS		ABDOS	
15	BODYSCULPT		BODYSCULPT	FESSIERS	STEP	FESSIERS	BODYSCULPT
30		BODYSCULPT					
45							
01:00	SPINBIKE	STEP	SPINBIKE	BODYSCULPT	SPINBIKE	BODYSCULPT	SPINBIKE
15							
30							
45							
02:00	Stretching-1-Anzere		STRETCH-PILATES		STRETCH-PILATES		STRETCH-PILATES
15		SPINBIKE		SPINBIKE		SPINBIKE	
30	ABDOS		LATINO FIT		LATINO FIT		ABDOS
45							
03:00	FESSIERS	STRETCH-PILATES	ABDOS	STRETCH-PILATES	ABDOS	STRETCH-PILATES	FESSIERS
15							
30	LATINO FIT	LATINO FIT	FESSIERS	LATINO FIT	FESSIERS	LATINO FIT	LATINO FIT
45							
04:00	SPINBIKE	ABDOS	SPINBIKE	ABDOS	SPINBIKE	ABDOS	SPINBIKE
15		FESSIERS		FESSIERS		FESSIERS	
30							
45							
05:00	STRETCH-PILATES	SPINBIKE	STRETCH-PILATES	SPINBIKE	STRETCH-PILATES	SPINBIKE	STRETCH-PILATES
15							
30	PILATES		PILATES		PILATES		PILATES
45							
06:00		STRETCH-PILATES		STRETCH-PILATES		STRETCH-PILATES	
15							
30	LATINO FIT	PILATES	ABDOS	LATINO FIT	ABDOS	PILATES	ABDOS
45							
07:00	ABDOS		FESSIERS	ABDOS	FESSIERS		FESSIERS
15							
30	FESSIERS	LATINO FIT	LATINO FIT	FESSIERS	LATINO FIT	STRETCH-PILATES	LATINO FIT
45							
08:00	SPINBIKE	ABDOS	PILATES	SPINBIKE	PILATES	ABDOS	ABDOS
15		FESSIERS				FESSIERS	FESSIERS
30							
45							
09:00	STRETCH-PILATES	SPINBIKE	ABDOS	STRETCH-PILATES	SPINBIKE	PILATES	PILATES
15							
30	STEP		FESSIERS	ABDOS			
45							
10:00	PILATES	STRETCH-PILATES	SPINBIKE	FESSIERS	STRETCH-PILATES	SPINBIKE	SPINBIKE
15							
30		PILATES		PILATES	ABDOS		
45							
11:00	ABDOS		STRETCH-PILATES		PILATES	SPINBIKE	SPINBIKE
15							
30	FESSIERS	ABDOS		ABDOS			
45							
12:00	LATINO FIT	FESSIERS	STEP	FESSIERS	SPINBIKE	STRETCH-PILATES	STRETCH-PILATES
15							
30	STRETCH-PILATES		LATINO FIT	LATINO FIT		LATINO FIT	
45		STEP					STEP
13:00	SPINBIKE		SPINBIKE	STEP	STRETCH-PILATES	STEP	
15							
30		LATINO FIT					LATINO FIT
45							
14:00	SPINBIKE	ABDOS	STRETCH-PILATES	SPINBIKE	STEP	SPINBIKE	SPINBIKE
15		FESSIERS	LATINO FIT		ABDOS		
30							
45							
15:00	STRETCH-PILATES	BODYSCULPT	STEP	STRETCH-PILATES	FESSIERS	SPINBIKE	SPINBIKE
15							
30	STEP			LATINO FIT			
45					BODYSCULPT		
16:00	BODYSCULPT	SPINBIKE	ABDOS	BODYSCULPT		STRETCH-PILATES	STRETCH-PILATES
15							
30			FESSIERS			ABDOS	LATINO FIT
45							
17:00	ABDOS	STRETCH-PILATES	BODYSCULPT	STEP	STEP	FESSIERS	PILATES
15							
30	FESSIERS	BODYSCULPT			LATINO FIT	LATINO FIT	
45							
18:00	SPINBIKE	PILATES	SPINBIKE	ABDOS	SPINBIKE	PILATES	SPINBIKE
15				FESSIERS			
30							
45							
19:00	PILATES	ABDOS	STRETCH-PILATES	LATINO FIT	STRETCH-PILATES	SPINBIKE	SPINBIKE
15		FESSIERS	LATINO FIT				
30				BODYSCULPT	PILATES		
45							
20:00	STRETCH-PILATES	BODYSCULPT	ABDOS			SPINBIKE	STRETCH-PILATES
15							
30	LATINO FIT		FESSIERS	STRETCH-PILATES	ABDOS		BODYSCULPT
45							
21:00	ABDOS		SPINBIKE	SPINBIKE	FESSIERS	STRETCH-PILATES	ABDOS
15							
30	FESSIERS	STEP				LATINO FIT	FESSIERS
45					BODYSCULPT		
22:00	SPINBIKE	LATINO FIT	STRETCH-PILATES	SPINBIKE		SPINBIKE	BODYSCULPT
15							
30		STRETCH-PILATES	ABDOS		LATINO FIT		
45							
23:00	STRETCH-PILATES	SPINBIKE	FESSIERS	STRETCH-PILATES	SPINBIKE	STRETCH-PILATES	SPINBIKE
15							
30	LATINO FIT		LATINO FIT	STEP		LATINO FIT	
45							