

PLANNING À PARTIR DU 6 OCTOBRE 2025

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:00	YOGA	GYM DOS	PILATES	STEP	TAI CHI	BODY SCULPT
11:00	PRANAYAMA			HBX— FUSION	QI GONG	COURS SURPRISE
12:15	CAF	BODY SCULPT	RPM		CAF	
17:30	BODY SCULPT		GYM DOS	YOGA	PILATES	
18:30	PILATES	HBX— BOXING	CAF	BIKE	HBX— BOXING	
19:30	BIKE	HBX— MOVE	HBX— BOXING	HIIT		