

# Programme Video Fitness System

Horaires	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:00 - 08:30	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos
08:30 - 09:00	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers
09:00 - 10:00	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike
10:00 - 10:30	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt
10:30 - 11:00	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates
11:00 - 11:30	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos
11:30 - 12:00	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers
12:00 - 12:30	Step	Step	Step	Step	Step	Step	Step
12:30 - 13:00	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos
13:00 - 13:30	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers
13:30 - 14:00	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt
14:00 - 15:00	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike
15:00 - 15:30	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos
15:30 - 16:00	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers
16:00 - 16:30	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates
16:30 - 17:00	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos
17:00 - 17:30	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers
17:30 - 18:30	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike
18:30 - 19:00	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt	Bodysculpt
19:00 - 19:30	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos
19:30 - 20:00	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers	Fessiers
20:00 - 21:00	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike	Spinbike
21:00 - 21:30	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates	Stretch- Pilates
21:30 - 22:00	Step	Step	Step	Step	Step	Step	Step
22:00 - 22:30	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos	Abdos