

Horaires
Lundi au vendredi
8h - 21h30
Samedi
9h - 16h30
Dimanche
10h - 12h

Fit Tonic

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9h30	Gym 9h30 à 10h	Zumba	Pilates 9h-10h	Gym	Gym Activ'	Gym 9h30 à 10h	
10h15	Stretch 10h-10h30	Bodypump	Hip Hop Enf 1 10h-11h	Total Danz	Step	Stretch 10h-10h30	Gym 10h
11h	Insanity Factor (10h30)		Hip Hop Enf 2 11h-12h			Street Talons 11h-12h	
11h45							
12h30	Spinning		CAF	Pilates	Gym		
13h30							
14h30							
15h30							
17h30	CAF			Gym			
18h15	Lia	CAF	Pilates	Step	Bodypump		
19h	Spinning 45min	Spinning/T&T	CAF	Bodypump	Body Attack		
19h45	Zumba	Sens'O	Body Attack	Dancehall	Zumba		