

|       |       | LUNDI          | MARDI      | MERCREDI     | JEUDI    | VENDREDI       | SAMEDI          |
|-------|-------|----------------|------------|--------------|----------|----------------|-----------------|
| 09:00 | 09:15 |                |            |              |          |                |                 |
| 09:15 | 09:30 |                |            |              |          |                |                 |
| 09:30 | 09:45 |                |            |              |          |                |                 |
| 09:45 | 10:00 |                |            |              |          | 09:45          |                 |
| 10:00 | 10:15 | 10:00          |            | 10:00        |          | Pilates Senior |                 |
| 10:15 | 10:30 | Streching      |            |              |          | Intermédiaire  |                 |
| 10:30 | 10:45 | (sous réserve) |            |              |          |                | 10:30           |
| 10:45 | 11:00 | 11:00          |            | PP C         |          |                |                 |
| 11:00 | 11:15 |                |            |              |          | Pilates Senior |                 |
| 11:15 | 11:30 |                |            | 11:30        |          | Débutant       |                 |
| 11:30 | 11:45 |                |            | 11:30        |          |                |                 |
| 11:45 | 12:00 |                |            | Eveils A     |          |                | GP +            |
| 12:00 | 12:15 |                |            |              |          |                | (sur selection) |
| 12:15 | 12:30 |                |            |              |          |                |                 |
| 12:30 | 12:45 |                |            |              |          |                |                 |
| 12:45 | 13:00 |                |            |              |          |                |                 |
| 13:00 | 13:15 |                |            |              |          |                | 13:00           |
| 13:15 | 13:30 |                |            | 13:15        |          |                |                 |
| 13:30 | 13:45 |                |            |              |          |                |                 |
| 13:45 | 14:00 |                |            | PP B         |          |                |                 |
| 14:00 | 14:15 |                |            |              |          |                |                 |
| 14:15 | 14:30 |                |            |              |          |                | J1              |
| 14:30 | 14:45 |                |            |              |          |                |                 |
| 14:45 | 15:00 |                |            |              |          |                |                 |
| 15:00 | 15:15 |                |            |              |          |                |                 |
| 15:15 | 15:30 |                |            | J 2 - J 3    |          |                |                 |
| 15:30 | 15:45 |                |            |              |          |                |                 |
| 15:45 | 16:00 |                |            |              |          |                |                 |
| 16:00 | 16:15 |                |            |              |          |                |                 |
| 16:15 | 16:30 |                |            |              |          |                |                 |
| 16:30 | 16:45 |                |            |              |          |                |                 |
| 16:45 | 17:00 |                |            |              |          |                |                 |
| 17:00 | 17:15 |                |            |              |          |                |                 |
| 17:15 | 17:30 |                |            |              |          |                |                 |
| 17:30 | 17:45 |                | 17:00      |              | 17:15    |                |                 |
| 17:45 | 18:00 |                | PP A       |              | Eveils B |                |                 |
| 18:00 | 18:15 |                |            |              |          |                |                 |
| 18:15 | 18:30 |                |            |              |          |                | J 2 - J 3       |
| 18:30 | 18:45 | 18:15          |            |              |          |                |                 |
| 18:45 | 19:00 | Pilates A      | 18:30      |              |          |                |                 |
|       |       | (sous réserve) | 18:30      |              |          |                |                 |
| 19:00 | 19:15 |                | J1         | J 4 - AINEES | GP B     |                |                 |
| 19:15 | 19:30 |                |            |              |          |                |                 |
| 19:30 | 19:45 | 19:15          |            |              |          |                |                 |
| 19:45 | 20:00 | Pilates B      |            |              |          |                |                 |
|       |       | (sous réserve) |            |              |          |                | J 4 - AINEES    |
| 20:00 | 20:15 |                |            |              |          |                |                 |
| 20:15 | 20:30 |                |            |              |          |                |                 |
| 20:30 | 20:45 |                |            |              |          |                |                 |
| 20:45 | 21:00 |                | 20:00      |              |          |                |                 |
|       |       |                | Renfo      |              |          |                |                 |
|       |       |                | Musculaire |              |          |                |                 |
| 21:00 | 21:15 |                |            |              |          |                |                 |
| 21:15 | 21:30 |                |            |              |          |                |                 |
| 21:30 | 21:45 |                |            |              |          |                |                 |
| 21:45 | 22:00 |                | 21:30      |              |          |                |                 |