

LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI		
SALLE DE COURS	O'CLUB ZONE	STUDIO RPM	SALLE DE COURS	O'CLUB ZONE	STUDIO RPM	SALLE DE COURS	O'CLUB ZONE	STUDIO RPM	SALLE DE COURS	O'CLUB ZONE	STUDIO RPM	SALLE DE COURS	O'CLUB ZONE	STUDIO RPM	SALLE DE COURS	O'CLUB ZONE	STUDIO RPM
				7h00 O'Club Training													
9h15-10h CAF					9h15 RPM	9h00 O'Club Training			9h15 CAF			9h15 TRX					9h15 RPM
10h00 TRX			10h15 Mobilité			10h00 TRX			10h00 Pilates			10h00 Mobilité			10h00 Cross Training		
12h20 Cross Training			12h20-13h05 CAF				12h20 O'Club Training	12h20 RPM 30'	12h20 100% Abdos			12h20 Cross Training					
	16h00 O'Club Training					16h00 Fit Kids	16h00 O'Club Training										
17h30 Bodypump		17h30 RPM	17h30 Boxe Training					17h30 RPM		17h30 O'Club Training							
18h30 LesMills Dance			18h15 CAF			18h15 Bodypump			18h30 TRX			18h30 YOGA					
	19h00 O'Club Training	19h15 RPM		19h00 O'Club Training		19h00 LesMills Dance	19h00 O'Club Training		19h15 Mobilité		19h00 RPM						

RESERVATIONS SUR L'APPLICATION HEITZFIT 4.0

O CLUB TRAINING : RESERVATION DE 2 COURS MAXIMUM PAR SEMAINE ET 1 FOIS PAR JOUR