

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
8h30 TRX			08h15 Boxe Training						8h15 TRX								
9h15 CAF					9h15 RPM	9h00 O'Club Training			9h15 CAF			9h15 TRX		9h15 RPM (1/2)			9h15 RPM
10h00 Pilates			10h15 Balance			10h00 TRX			10h00 Pilates			10h00 Mobilité			10h00 Cross Training		
12h20 Cross Training			12h20-13h05 CAF				12h20 O'Club Training		12h20 100% Abdos			12h20 Cross Training		9h15 RPM (1/2)			
							15h00 O'Club TEENS			15h15 O'Club Training							
	16h15 O'Club Training						16h15 O'Club Training										
17h30 Bodypump		17h30 RPM	17h30 Boxe Training					17h30 RPM		17h30 O'Club Training		17h30 POLE DANCE					
18h30 LesMills Dance			18h15 CAF			18h15 Bodypump			18h30 TRX		18h30 RPM						
	19h00 O'Club Training	19h00 RPM	19h00 YOGA	19h00 O'Club Training		19h00 LesMills Dance	19h00 O'Club Training		19h15 Mobilité								

RESERVATIONS SUR L'APPLICATION HEITZFIT 4.0

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