

	6h	9h30	10h30	11h30	12h30	17h30	18h30	19h30	20h30	22h
lundi	Studio fitness		tone	LES MILLS BODYBALANCE		LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYATTACK	
	Studio Fit 2			PILATES *				PILATES *	FUNCTIONAL TRAINING *	Boxe Anglaise
	Studio Biking					RPM				
	Studio Aquatique		GYM	CYCLING		CYCLING	JUMP	CYCLING	WORKOUT	
	6h	9h30	10h30	11h30	12h30	17h30	18h30	19h30	20h30	22h
Mardi	Studio fitness					LES MILLS BODYATTACK	Yoga		LES MILLS BODYBALANCE	
	Studio Fit 2							TRX	FUNCTIONAL TRAINING *	
	Studio Biking		RPM					RPM		
	Studio Aquatique		TRAINING	POWER		BODYSLIM		TRAINING	CYCLING	BOXING
	6h	9h30	10h30	11h30	12h30	17h30	18h30	19h30	20h30	22h
Mercredi	Studio fitness		10h00	LES MILLS BODYCOMBAT	Yoga			tone	LES MILLS BODYATTACK	LES MILLS BODYPUMP
	Studio Fit 2							FUNCTIONAL TRAINING *	Kick Boxing	
	Studio Biking					RPM				RPM
	Studio Aquatique		GYM	BOXING			BODYSLIM	CYCLING	POWER	
	6h	9h30	10h30	11h30	12h30	17h30	18h30	19h30	20h30	22h
Jeudi	Studio fitness		10h00	Objectif Aéro	LES MILLS BODYPUMP			LES MILLS BODYPUMP		ZUMBA
	Studio Fit 2							TRX		
	Studio Biking							RPM		
	Studio Aquatique		CYCLING	WORKOUT		TRAINING		WORKOUT	JUMP	TRAINING
	6h	9h30	10h30	11h30	12h30	17h30	18h30	19h30	20h30	22h
Vendredi	Studio fitness			Objectif Aéro	LES MILLS BODYBALANCE	CROSS TRAINING		18h00	LES MILLS BODYCOMBAT	Kick Boxing
	Studio Fit 2								FUNCTIONAL TRAINING *	MOBILITY STRAIGHT *
	Studio Biking		RPM							
	Studio Aquatique		BOXING	TRAINING		CYCLING			POWER	CYCLING
	9h30	10h30	11h30	12h30						
Samedi	Studio fitness			LES MILLS BODYPUMP	LES MILLS BODYBALANCE					
	Studio Fit 2	9h00		PILATES *	Kick Boxing	PILATES *				18h00
	Studio Biking		RPM							
	Studio Aquatique		TRAINING	POWER	CYCLING					
	9h30	10h30	11h30							
Dimanche	Studio fitness		LES MILLS BODYPUMP	LES MILLS BODYATTACK						
	Studio Fit 2	9h00								13h00 / 14h45
	Studio Biking				RPM					
	Studio Aquatique									

Inscription **RPM** & **Aqua** 24h à l'avance sur  Resamania

* Option Small Group Training

