

HEURE	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
7:00							
7:15							
7:30		7:15 - 8:00	7:15 - 8:00				
7:45	7:30 - 8:15	GROUPE COACHING	GROUPE COACHING	7:30 - 8:15	7:30 - 8:15		
8:00	GROUPE COACHING			BIKING HYPOXIE	GROUPE COACHING		
8:15							
8:30							
8:45							
9:00							
9:15	9:00 - 10:00		9:00 - 10:00		9:00 - 10:00		
9:30	TRX	9:15 - 10:15	MOBILITÉ	9:15 - 10:15	TRX		
9:45		HIIT		FIT FIGHTING			
10:00							
10:15	10:00 - 11:00		10:00 - 11:00		10:00 - 11:00	10:00 - 11:00	10:00 - 11:00
10:30	HIIT		FT-FITNESS		HIIT	FT-CHALLENGE	FT-FITNESS TEAMS
10:45							
11:00							
11:15							
11:30							11:00 - 12:00
11:45							FT-CHALLENGE TEAMS
12:00							
12:15							
12:30							12:00 - 13:00
12:45		12:30 - 13:15	12:30 - 13:30	12:30 - 13:30	12:30 - 13:30	12:30 - 13:30	TRX
13:00	12:45 - 13:30	BIKING HYPOXIE	12:45 - 13:45	12:30 - 13:30	12:30 - 13:30	12:30 - 13:30	
13:15	HIIT	FT-CHALLENGE	FIT FIGHTING	FT-FITNESS	BIKING HYPOXIE	FT-CHALLENGE	
13:30							
15:00				15:00 - 16:00			
15:15				GROUPE COACHING			
15:30							
15:45	15:30 - 16:30						
16:00	GROUPE COACHING						
16:15							
16:30							
16:45							
17:00							
17:15							
17:30							
17:45	17:30 - 18:30		17:30 - 18:30	17:30 - 18:30	17:30 - 18:30	17:30 - 18:30	17:30 - 18:30
18:00	FT-CHALLENGE	17:45 - 18:45	FT-CHALLENGE	FT-EXPERT	17:45 - 18:45	FT-FITNESS	FT-CHALLENGE
18:15		HIIT			TRX	MOBILITÉ	
18:30							
18:45	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30	18:30 - 19:30
19:00	TRX	FT-FITNESS	FT-CHALLENGE	MOBILITÉ	FIT FIGHTING	FT-EXPERT	FT-FITNESS
19:15		18:45 - 19:30			18:45 - 19:30		
19:30		BIKING HYPOXIE			BIKING HYPOXIE	19:00 - 19:45	
19:45	19:30 - 20:30		19:30 - 20:30	19:30 - 20:30			
20:00	FT-EXPERT		FT-FITNESS	FT-CHALLENGE			
20:15					19:45 - 20:30		
20:30					HIIT		
22:00							