

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9h 30						Cross phoénix	Cross phoénix
10h 30						Team Wood	Team Wood
11h 30						Cross phoénix	Cross phoénix
14h			Tissu aerien Kids				
17h 30	Pilate	Crossphoenix /kids	Cross phoenix	Crossphoenix /kids	Cross phoenix		
18h 30	Cross phoénix	Cross phoénix HIIT	C.A.F	Cross phoénix HIIT	Cross phoenix		
19h 30	Cross phoenix	Crossphoenix /kids	Cross phoenix	Crossphoenix /kids	Cross phoenix		