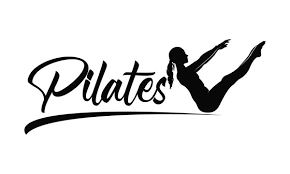
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ouverture de la salle**  **Planning cours collectifs** | | | | | | | | | |
|  |  |  |  |  | |  |  |  | |
|  | Lundi | Mardi | Mercredi | Jeudi | | Vendredi | Samedi | Dimanche | |
|  | 8H30 A  21H00 | 8H30  A  20H30 | 8H30  A  20H30 | 8H30  A 21H00 | | 8H30  A 20H00 | 9H30  A 12H00 | 10H30  A  12H00 | |
| **MATIN** |  | | | | | | **11h00 12h00** | **10h30 11h30** | |
| Entrainement libre | |  | Entrainement libre | | | *C:\Users\David\Pictures\reNFO.jpg* | ***\** C:\Users\David\Pictures\CAPOEIRA 2.jpg** | |
|
| **Midi** | **12h15 à 13h15** | | | | | |  |  | |
|  | Mercredi - Elite Fitness |  |  | | |  |  | |
|  |
| **Apres**  **Midi** | **14h00 15h30** | |  | **14h00 15h30** | | |  | | |
|  |  |  |  | |
| **Soir** | **18h30 19h30** | **18h30 19h15** | **18h30 20h30** | **18h30 19h30** | **18h30 19h15** | |
| *C:\Users\David\Pictures\BB.jpg* | *C:\Users\David\Pictures\pilates.png* | ***\****  C:\Users\David\Pictures\CAPOEIRA 2.jpg | C:\Users\David\Pictures\CAF.jpg | L'Appart Fitness a enrichi son offre de cours en ligne avec L'Appart Step | |
| **19h30 20h15** | **19h15 20h00** | **19h30 20h15** | **19h15 20h00** | |  | |  |
| *C:\Users\David\Pictures\zumba.jpg* | Cross Training | AQWAFITNESS | *C:\Users\David\Pictures\zumba.jpg* | ***Spécial dos*** | |  | |  |
| ***C:\Users\David\Pictures\RPM 3.jpg*** | ***C:\Users\David\Pictures\RPM 3.jpg*** |  | |  |
| **20h15 21h00** | **20h00 20h30** | **19h15 20h30** | **20h15 21h00** |  | |  | |  |
| L'Appart Fitness a enrichi son offre de cours en ligne avec L'Appart Step | *C:\Users\David\Pictures\ABDOS 2.jpg* | ***Gym adultes*** | *C:\Users\David\Pictures\reNFO.jpg* | ***\****  ***Hors***  ***Abonnement*** | |  | |  |
|  | |  |