

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
9h MAT	9h15 MAT	9h REFORMER	9h MAT	9h REFORMER	9h MAT
				10h MAT	10h MAT
	10h30 REFORMER			11h REFORMER	11h CROSS TRAINING
11h REFORMER		11h REFORMER		12h MAT	
12h15 MAT	12h15 REFORMER	12h REFORMER	12h15 CROSS TRAINING	13h REFORMER	
		13h MAT	13h REFORMER		
	17h45 MAT			17h30 MAT	
18h MAT	18h45 MAT	18h MAT		18h30 REFORMER	
19h STRETCH 45'	19h45 REFORMER	19h CROSS TRAINING	18h45 MAT		
20h CROSS TRAINING			19h45 STRETCH 45'		