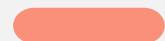


Silvae

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
07:15 09:15	Fermé			Inscription/coaching 07:15 – 08:15 & 08:45–09:15 Circuit Training 08:00 – 08:45	Fermé
11:30 14:30	Inscriptions, Coaching et Conseils personnalisés 11:30–12:15 & 13:45–14:30				
	Body Sculpt 12:15 – 13:00	Zumba 12:15 – 13:00	Circuit Training 12:15 – 13:00	Boxe initiation 12:15 – 13:15	Body Barre 12:15 – 13:00
	HIIT 13:00 – 13:30	100% abdos 13:00 – 13:30	AF 13:00 – 13:30	Stretching 13:15 – 13:45	Stretching 13:00 – 13:30
17:45 20:15	Inscriptions, Coaching et Conseils personnalisés 17:45–18:15 & 19:30 – 20:15				
	Yoga 18:00 – 19:00	Fermé	HIIT 18:15 – 19:00	Fermé	Full Body 18:15 – 19:00
	Circuit Training 19:00 – 19:30		Zen 19:00 – 19:30		HIIT 19:00 – 19:30



Intensité supérieure



Intensité modérée

