

# AUBENAS

## Salle 1

	Lun	Mar	Mer	Jeu	Ven	Sam
09h15 10h10	TAILLE POSTURE	BODY TONIC	CAF	INTERVAL TRAINING	CAF	BODY TONIC
10h15 11h10	PILATES	CAF	TAILLE POSTURE	CAF	BODY TONIC	STRETCH MOBILITE
12h15 13h10	PILATES	BODY TONIC		PILATES	CAF	
17h30 18h25	BODY TONIC	INTERVAL TRAINING	BODY TONIC	POWER BARRE	CAF	
18h30 19h25	STEP SENSATION	CAF	HIIT	CAF	ATC	
19h30 20h25	FIT DANCE		PILATES	PILATES	PILATES	

## Salle 2

09h15 10h10	CARDIO SCULPT	BIKING			
10h15 11h10		ABDOS STRETCH			
12h15 13h10	INTERVAL TRAINING		INTERVAL TRAINING		
17h30 18h25					
18h30 19h25	BIKING	X TRAINING	BIKING	X TRAINING	
19h30 20h25		BIKING XTREM			

# ENFANTS / ADOS

**Mer**

13h-17h  
(SESSION DE  
1H)  
CLUB MUSCU  
A PARTIR  
DE 15 ANS

15H00  
FITNESS  
ADO  
10-15 ANS

16H00  
CROSS  
TRAINING  
10-15 ANS

**Ven**

13h-17h  
(SESSION DE  
1H)  
CLUB MUSCU  
A PARTIR  
DE 15 ANS

17H30  
CROSS  
TRAINING  
10-15 ANS