|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **LUNDI 24** | **MARDI 25** | **MERCREDI 26** | **JEUDI 27**  | **VENDREDI 28** | **SAMEDI 29** | **DIMANCHE 30** |
|  | Ouverture 8h30 |  |  |  |  | Ouverture 8h30 |  |  |
| **8H30** |  |  |  |  |  |  |  | Ouverture 9h30 |
|  |  |  |  |   |  |  |  |  |
|  | **10H30****CAF****CAF**  |  | **10H30****TOTAL BODY****CAF**  | **10H30****BODY ZEN****CAF**  | **10H30****GYM POSTURALE****CAF**  |  |  |
|  | **12H15****TOTAL BODY****CAF**  |  | **12H15****CAF****CAF**  | **12H15****ZUMBA****CAF**  | **12H15****BODY ZEN****CAF**  |  |  |
|  |  |  |  |  |  |  |  |
| Fermeture 12h30 |
| **13H** | Fermeture 13h |  |  |  |  |  |
|  |  | FERME |  |  |  | Ouverture 14h30 |
|  |  |  |  |
|  |  |  |  |  |  |  |  |
|  | FERME |  |  |  |  |  |  |
|  |  |  |  |
| **17H** |  |  |  |
|  |  |  | **18H30****CYCLING** | **18H30****UBOUND** | **18H30****CAF** |  |  |
|  | Fermeture 18h |
|  |  |  |  |  |  |  |
| **19H30**  |  |  |  | Fermeture 19h30 |  |  |  |

**Espace forme**

**Du lundi 24 au dimanche 30 décembre**

**Equipement fermé**

**Accès libre**

**Présence Educateurs Sportifs**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **LUNDI 31** | **MARDI 1er**  | **MERCREDI 2** | **JEUDI 3**  | **VENDREDI 4** | **SAMEDI 5** | **DIMANCHE 6** |
|  | Ouverture 8h30 |  |  |  |  | Ouverture 8h30 |  |  |
| **8H30** |  |  |  |  |  |  |  | Ouverture 9h30 |
|  |  |  |  |   |  |  |  |  |
|  | **10H30****CAF****CAF**  |  | **10H30****TOTAL BODY****CAF**  | **10H30****BODY ZEN****CAF**  | **10H30****GYM POSTURALE****CAF**  |  |  |
|  | **12H15****TOTAL BODY****CAF**  |  | **12H15****CAF****CAF**  | **12H15****Circuit Training****CAF**  | **12H15****BODY ZEN****CAF**  |  |  |
|  |  |  |  |  |  |  |  |
| Fermeture 12h30 |
| **13H** | Fermeture 13h |  |  |  |  |  |
|  |  | FERME |  |  |  | Ouverture 14h30 |
|  |  |  |  |
|  |  |  |  |  |  |  |  |
|  | FERME |  |  |  |  |  |  |
|  |  |  |  |
| **17H** |  |  |  |
|  |  |  | **18H30****CYCLING** | **18H30****STEP** | **18H30****LIA** |  |  |
|  | Fermeture 18h |
|  |  |  |  |  |  |  |
| **19H30**  |  |  |  | Fermeture 19h30 |  |  |  |

**Espace forme**

**Du lundi 31 décembre au dimanche 6 janvier**

**Equipement fermé**

**Accès libre**

**Présence Educateurs Sportifs**