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|  | **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**