

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>10:00 - 11:00 <b>Pilates</b> Amelie Piras</p>	<p>09:00 - 10:00 <b>Yoga</b> Group Classes Studio   Aurelie Keil</p>	<p>18:00 - 18:45 <b>ABDO WOD (BE)</b> Group Classes Studio   Charlene Goffoy</p>	<p>10:00 - 11:00 <b>Sculpt</b> Justine Blavier</p>		<p>11:00 - 12:00 <b>Burn</b> Group Classes Studio   Kevin Reis</p>	<p>10:00 - 11:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Amelie Piras</p>
<p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Amelie Piras</p>	<p>11:00 - 12:00 <b>Start To Workout (SGT)</b> Fitness Floor   Aurélien Possoni</p>	<p>18:00 - 19:00 <b>Healthy Back (SGT)</b> Functional Zone   David Pogosian</p>	<p>13:00 - 14:00 <b>Strength For Women (SGT)</b> Fitness Floor   Hugo Capodicasa</p>			<p>11:00 - 12:00 <b>Yoga</b> Group Classes Studio   Amelie Piras</p>
<p>18:00 - 18:45 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   David Pogosian</p>	<p>12:00 - 12:45 <b>Go Functional (SGT)</b> Functional Zone   Aurélien Possoni</p>	<p>19:00 - 20:00 <b>Conditioning (SGT)</b> Functional Zone   David Pogosian</p>				
<p>19:00 - 20:00 <b>Pilates</b> Group Classes Studio   Amelie Piras</p>	<p>17:30 - 18:00 <b>Suspension Training</b> Functional Zone   Aurélien Possoni</p>	<p>19:00 - 20:00 <b>Sculpt</b> Group Classes Studio   Charlene Goffoy</p>				
<p>19:15 - 20:00 <b>Weight Health (SGT)</b> Functional Zone   Hugo Capodicasa</p>	<p>18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Christina Pisa</p>	<p>20:00 - 21:00 <b>Pilates</b> Group Classes Studio   Amelie Piras</p>				
	<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   David Pogosian</p>					
	<p>19:00 - 20:00 <b>HIIT</b> Group Classes Studio   Charlene Goffoy</p>					
	<p>19:00 - 19:30 <b>Mobility (SGT)</b> Functional Zone   David Pogosian</p>					

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<p>18:00 - 18:45 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   David Pogosian</p>	<p>11:00 - 12:00 <b>Start To Workout (SGT)</b> Fitness Floor   Aurélien Possoni</p>	<p>18:00 - 19:00 <b>Healthy Back (SGT)</b> Functional Zone   David Pogosian</p>	<p>18:00 - 19:00 <b>Strength For Women (SGT)</b> Fitness Floor   Hugo Capodicasa</p>	<p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Martina Nosekova</p>		<p>11:00 - 12:00 <b>Yoga</b> Group Classes Studio   Amelie Piras</p>
<p>19:00 - 20:00 <b>Pilates</b> Group Classes Studio   Amelie Piras</p>	<p>12:00 - 12:45 <b>Go Functional (SGT)</b> Functional Zone   Aurélien Possoni</p>	<p>19:00 - 20:00 <b>Conditioning (SGT)</b> Functional Zone   Remy Katzenberg</p>	<p>19:00 - 20:00 <b>Mobility (SGT)</b> Functional Zone   Remy Katzenberg</p>			
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