

## COURS COLLECTIFS

|       | Lundi                                                                                                    | Mardi                                                                                                       | Mercredi                                                                                                 | Jeudi                                                                                                                 | Vendredi                                                                                                             |
|-------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 12h15 |  <b>ABDOS TIME</b> 15'  |  <b>ABDOS FESSIERS</b> 15' |  <b>ABDOS TIME</b> 15'  |  <b>ABDOS TIME</b> 15'             |                                                                                                                      |
| 12h30 |  <b>PUMPING</b> 45'     |  <b>STEP</b> 45'           |  <b>FIT FULL</b> 45'    |  <b>FIT POWER</b> 45'              |  <b>PILATES &amp; STRETCH</b> 45' |
| 18h00 |  <b>PUMPING</b> 45'     |  <b>FIT CARDIO</b> 45'     |  <b>FIT POWER</b> 45'   |  <b>PUMPING</b> 45'                |  <b>FIT FIGHT</b> 30'             |
| 18h30 |                                                                                                          |                                                                                                             |                                                                                                          |                                                                                                                       |                                                                                                                      |
| 18h45 |  <b>FIT CARDIO</b> 45' |  <b>TRX</b> 30'           |  <b>FIT CARDIO</b> 45' |  <b>PILATES &amp; STRETCH</b> 45' |  <b>FIT POWER</b> 30'             |
| 19h15 |                                                                                                          |                                                                                                             |                                                                                                          |                                                                                                                       |                                                                                                                      |
| 19h30 |                                                                                                          |                                                                                                             |                                                                                                          |                                                                                                                       |                                                                                                                      |

## SPORTS DE COMBAT

|       | Lundi                                                                                                      | Mardi                                                                                                           | Mercredi                                                                                                     | Jeudi                                                                                                      | Vendredi                                                                                                     | Samedi                                                                                                       |
|-------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| 11h00 |                                                                                                            |                                                                                                                 |                                                                                                              |                                                                                                            |                                                                                                              |  <b>ACCÈS LIBRE</b> 60' |
| 12h30 |  <b>ACCÈS LIBRE</b> 45' |  <b>MUAY THAI</b> 45'        |  <b>ACCÈS LIBRE</b> 45'   |  <b>MUAY THAI</b> 45'   |  <b>ACCÈS LIBRE</b> 45' |                                                                                                              |
| 17h00 |  <b>ACCÈS LIBRE</b> 60' |  <b>ACCÈS LIBRE</b> 60'      |                                                                                                              |  <b>ACCÈS LIBRE</b> 60' |  <b>ACCÈS LIBRE</b> 60' |                                                                                                              |
| 18h00 |  <b>MUAY THAI</b> 90'   |  <b>GRAPPLING NOVICE</b> 60' |  <b>BOXE ANGLAISE</b> 60' |                                                                                                            |  <b>MUAY THAI</b> 90'   |                                                                                                              |
| 20h00 |                                                                                                            |  <b>MUAY THAI</b> 90'        |                                                                                                              |  <b>MUAY THAI</b> 90'   |                                                                                                              |                                                                                                              |
| 21h30 |                                                                                                            |                                                                                                                 |                                                                                                              |                                                                                                            |                                                                                                              |                                                                                                              |



Suivez-nous  
**SUR FACEBOOK  
& INSTAGRAM**

**OUVERT 7J/7 de 7H à 22H30**

**MATRIX**  
Strong • Smart • Beautiful

**TRX** SUSPENSION  
TRAINING

 **OPTITRAINER**