

## 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 FULL</b> 45'              | <b>FIT FULL</b> 45'         | <b>FIT FIGHT</b> 30'             |
| 18h30 |                       |                           |                                  |                             |                                  |
| 18h45 | <b>FIT CARDIO</b> 45' | <b>TRX</b> 30'            | <b>PILATES &amp; STRETCH</b> 45' | <b>FUN STEP [BASIC]</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**  
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TRAINING

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