

## Horaires Centre Evasport

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9 h	9h	9h	9h	9h	9h
10 h	9h30-10h15 Circuit Cardio	9h30-10h15 Stretching	9h30-10h15 Renforcement Musculaire	9h30-10h15 Pilates	9h30-10h15 CAF
11 h					
12 h					
13 h	12h15-13h Musculation Educative	12h15-13h Coaching Fitness	12h15-13h Musculation Educative	12h15-13h Coaching Fitness	12h15-13h Musculation Educative
14 h	14h	14h	14h	14h	14h
15 h	15h	15h	15h	15h	15h
16 h					
17 h					
18 h					
19 h	18h30-19h30 Body Fight	18h30-19h30 Cross Training	18h30-19h30 CAF	18h30-19h30 Cross Training	18h30-19h30 Stretching
20 h	20h	20h	20h	20h	20h