CENTRAL FORM CANCLAUX
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HEURES D'OUVERTURE

LUNDI	9h00 - 22h30	MARDI	8h30 - 22h00
MERCREDI	9h30 - 22h00	JEUDI	8h30 - 22h00
VENDREDI	9h00 - 21h30	SAMEDI	9h30 - 19h00
DIMANCHE	9h30 - 13h00 / 15h00 - 18h00		

PLANNINGS COURS COLLECTIFS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
SALLE 1						
9h30 CUISSES-ABDOS-FESSIERS	**9h15** STEP I		**9h00** ABDO-FESSIERS	**9h15** ABDO-FESSIERS		
			9h30 STEP BASIC	**9h45** L.I.A.		
10h15 BODY PUMP (1h)	**10h00** STRETCH TONIC	**10h00** ABDO-FESSIERS	**10h15** BODY BALANCE (1h)	**10h30** STRETCHING	**10h00** ABDO-FESSIERS (30')	**10h15** ABDO-FESSIERS
	10h45 TAILLE-ABDOS-CUISSES (45')	**10h30** PILATES (1h)		**11h00** GYM ARGENT (45')	**11h00** GYM MUSIC (45')	**10h45** STRETCHING
11h30 STRETCHING (30')		**11h30** STRETCHING (30')	**11h15** CX WORX (30')			**11h30** GYM MUSIC (45')
12h30 CX WORX (45')	**12h30** CUISSES-ABDOS-FESSIERS (45')	**12h30** BODY SCULPT ETIREMENTS (45')	**12h30** BODY PUMP (1h)	**12h30** BODY BALANCE (45')		
14h15 STRETCH TONIC	**14h15** GYM MUSIC		**14h15** CX WORX (30')			
15h00 GYM MUSIC (45')	**15h00** STRETCH TONIC (45')		**15h00** STRETCH TONIC (45')	**14h15** TAILLE-ABDOS-CUISSES (45')		
17h30 DOS-ABDOS-FESSIERS	**17h45** GYM BALLON	**17h30** ABDOS-FESSIERS		**17h30** ABDOS-FESSIERS	**17h00** CUISSES-ABDOS-FESSIERS	
			18h00 BODY SCULPT	**18h00** STRETCH TONIC		
18h15 STEP BASIC	**18h30** BODY PUMP	**18h00** BODY BALANCE	**18h30** BODY STEP	**18h30** ROCK	**17h45** STRETCHING TONIC (45')	
19h00 BODY PUMP		**19h00** STEP I	**19h30** BODY ATTACK	**19h15** CUISSES (15')		
20h00 DANSES LATINES	**19h30** BODY COMBAT	**19h45** BODY JAM		**19h30** ABDOS (15')		
20h45 ROCK I	**20h30** SH'BAM (1h)	**20h45** ABDO-FESSIERS (30')		**19h45** FESSIERS (15')		
21h30 DANSES DE SALON (1h)						
SALLE 2						
			9h30 BODY SCULPT (45')			
	10h00 ABDO-FESSIERS (30')				**10h00** SPINNING® BASIC (45')	
12h30 SPINNING® BASIC (45')		**12h30** SPINNING® I (45')				
		14h30 ABDO-FESSIERS (30')				
17h30 SPINNING® I	**17h30** ABDO-FESSIERS	**17h45** BODY SCULPT	**17h45** FESSIERS-CUISSES			
	18h00 STRETCH TONIC	**18h15** CUISSES ABDOS FESSIERS	**18h15** TAILLE-ABDOS			
18h15 STRETCHING	**18h30** CUISSES-ABDOS-FESSIERS	**19h00** SPINNING® II	**18h45** STRETCH TONIC	**18h30** SPINNING® II (45')		
19h00 ABDO-FESSIERS	**19h15** BODY FORM	**20h00** STRETCHING (30')	**19h15** SPINNING® I (45')			
	20h15 ABDO-FESSIERS (30')			**19h30** DANSES DE SALON (1h)		
			20h30 ABDO-FESSIERS (30')			
SALLE 3						
9h30 QI GONG	**11h00** PILATES (45')				**9h40** YOGA DÉBUTANT	
10h30 PILATES (1h)	**12h30** SOPHROLOGIE (1h)				**10h40** YOGA INTERMÉDIAIRE	
14h15 YOGA AVANCÉ (1h15)	**16h15** PILATES (45')	**17h15** PILATES (45')		**14h45** YOGA ARGENT (1h15)	**11h45** YOGA TRÈS AVANCÉ (1h)	
	17h45 QI GONG	**18h00** YOGA INTERMEDIAIRE	**17h45** PILATES (45')		**16h15** PILATES (45')	
18h45 YOGA AVANCÉ	**18h45** YOGA DÉBUTANT	**19h15** YOGA AVANCÉ	**18h45** SOPHROLOGIE			
20h00 PILATES (1h)	**20h00** YOGA AVANCÉ (1h15)	**20h30** YOGA DÉBUTANT (1h15)				
AQUA GYM						
	8h45 AQUA BODY (30')		**9h15** AQUA GYM (30')		**9h30** BÉBÉS NAGEURS	**9h45** AQUA FITNESS (30')
9h30 AQUA FITNESS (30')	**9h30** AQUA GYM (30')					
	10h45 AQUA GYM (30')	**10h15** AQUA FITNESS (30')	**10h15** AQUA DYNAMIC (45')	**10h00** AQUA GYM (30')	**10h30** AQUA GYM (30')	
11h00 AQUA BODY (30')	**12h30** AQUA BIKE (1h)		**11h05** AQUA BODY (30')	**10h45** AQUA BIKE (1h)		**11h00** AQUA BIKE (1h)
			12h45 AQUA GYM (30')			
15h30 AQUA ARGENT (30')	**15h30** AQUA GYM (30')	**17h30** AQUA BIKE (1h)	**15h00** AQUA BIKE (1h)	**15h00** AQUA GYM (30')	**15h00** AQUA BIKE (1h)	
16h15 AQUA BIKE (1h)			**18h45** AQUA BODY (30')			
18h30 AQUA DYNAMIC (45')	**19h15** AQUA FITNESS	**18h45** AQUA GYM (30')		**18h15** AQUA BIKE (1h)		
19h30 AQUA BIKE (1h)	**19h45** AQUA BIKE (1h)	**19h45** AQUA BIKE (1h)	**19h30** AQUA DYNAMIC (45')			

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