






















HORAIRE/SCHEDULE

- Été 2017 /Summer 2017 -

Du 26 juin au 2 septembre / From June 26th to September 2nd

| | LUN/MON | MAR/TUES | MER/WED | JEU/THU | VEN/FRI | SAM/SAT |
|------------------------------|---|---|--|---|---|--|
| 8h-8h45 8:00-8:45am | |  | |  | | 10h-11h  |
| 12h00-12h45 12:00-12:45pm |  |  |  |  |  | 11h-12h  |
| 12h45-13h30 12:45-1:30pm |  |  |  | |  | 12h-13h  |
| 16h30-17h30 4:30-5:30pm | |  |  |  | | |
| 17h30-18h30 5:30-6:30pm |  |  |  |  | | |

- Légende - Legend -

 ESSETRICS® /  ESSETRICS® BARRE

 ESSETRICS® Release, Rebalance & Restore

ESSETRICS® **STUDIO**

HORAIRE/SCHEDULE

- Semaine de la construction / Construction Week -
Du 24 juillet au 5 août / From July 24th to August 5th

| | LUN/MON | MAR/TUES | MER/WED | JEU/THU | VEN/FRI | SAM/SAT |
|------------------------------|---------|----------|---------|---------|---------|---------------|
| 12h00-12h45 12:00-12:45pm | E | E | EB | E | E | 10h-11h E |
| 12h45-13h30 12:45-1:30pm | EB | EB | E | | EB | 11h-12h EB |
| 17h30-18h30 5:30-6:30pm | E | EB | E | E | | 12h-13h ER |

- Légende - Legend -

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