

MATIN

APRÈS-MIDI

SOIR

7h

8h

9h

10h

11h

12h

13h

14h

15h

16h

17h

18h

19h

20h

21h

22h

LUNDI

OUVERTURE: 7H
FERMETURE: 22H

		Bodysculpt 8h15 (45')	C.A.F 9h15 (45')	Bodysculpt 10h (45')	Stretching 10h45 (45')	Wellstability 11h30 (45')	Bodyattack 12h30 (45')		Yoga 14h30 (60')	Bodypump 15h30 (60')	Sh'Bam 16h30 (45')	L.I.A 17h15 (45')	C.A.F 18h (45')	Step 18h45 (45')	Bodypump 19h30 (60')	CX Worx 20h30 (30')	Grit 21h (45')
				Gym Soft 10h15 (90')			Stretching 12h30 (45')			Gym Soft 15h15 (60')	Bodysculpt 16h30 (45')	C.A.F 17h15 (45')	Stretching 18h (45')	Bodysculpt 18h45 (45')	Pilates 19h30 (45')	Bodybalance 20h15 (60')	
						Wellcircuit 11h45 (45')			Wellcircuit 14h15 (60')		Wellcircuit 16h30 (45')						
							RPM 12h30 (45')					RPM 17h15 (45')	RPM 18h15 (45')	RPM 19h15 (45')	RPM 20h15 (45')		

MARDI

OUVERTURE: 7H
FERMETURE: 22H

			CX Worx 9h15 (30')	Bodybalance 9h45 (60')	Pilates 10h45 (45')	Stretching 11h30 (45')	Bodysculpt 12h30 (45')		Pilates 14h30 (45')	Grit 15h30 (45')	Step 16h30 (45')	Bodypump 17h15 (60')	L.I.A 18h15 (45')	Bodysculpt 19h (45')	Bodyattack 19h45 (60')	Zumba 20h45 (60')	
			Gym Soft 9h15 (45')									Stretching 17h30 (45')	Pilates 18h15 (45')	Cx Worx 19h (45')	Bodysculpt 19h45 (45')	Stretching 20h30 (45')	
							RPM 12h30 (45')					RPM 17h15 (45')	RPM 18h15 (45')	RPM 19h15 (45')	RPM 20h15 (45')		

MERCREDI

OUVERTURE: 7H
FERMETURE: 22H

			Wellstability 9h15 (45')	C.A.F 10h (45')	Stretching 10h45 (45')	Gym Soft 11h30 (45')	Zumba 12h30 (45')		C.A.F 14h30 (45')	Bodypump 15h30 (60')	Bodybalance 16h30 (45')	Bodyjam 17h15 (60')	Bodypump 18h15 (60')	CX Worx 19h15 (30')	Bodycombat 19h45 (60')	SH'BAM 20h45 (45')	
									Capoeira Kid 7/12 ans 14h30 (60')	Capoeira Kid 3/7 ans 15h30 (60')							
													RPM 18h15 (45')	RPM 19h15 (45')	RPM 20h15 (45')		

JEUDI

OUVERTURE: 7H
FERMETURE: 22H

			C.A.F 9h15 (45')	Pilates 10h (45')	Yochiga 11h (60')		Bodybalance 12h30 (45')		Bodysculpt 14h30 (45')		Bodypump 16h30 (60')	Step 17h30 (45')	A.F 18h15 (30')	L.I.A 18h45 (45')	Bodypump 19h30 (60')	Pole Dance 20h30 (75')	
					Gym Soft 10h45 (45')	Stretching 11h30 (45')						Cx Worx 17h15 (45')	Bodybalance 18h (45')	Stretching 18h45 (45')	C.A.F 19h30 (45')	Bodysculpt 20h15 (45')	

VENREDI

OUVERTURE: 7H
FERMETURE: 22H

			Bodysculpt 9h15 (45')	Step 10h (45')	Wellstability 10h45 (45')	C.A.F 11h30 (45')	Bodypump 12h30 (60')		Bodypump 14h30 (60')	Grit 15h30 (45')	Bodycombat 16h30 (45')	Bodypump 17h15 (60')	Bodyjam 18h15 (60')	Bodybalance 19h15 (45')	Danse Orientale 20h (45')	Pole Dance 20h45 (60')	

SAMEDI

OUVERTURE: 8H
FERMETURE: 20H

			Pilates 9h30 (45')	Bodypump 10h15 (60')	Stretching 11h15 (45')	Bodypump 12h (60')		Grit 14h15 (45')	Bodyattack 15h (60')			Bodybalance 17h15 (60')	CX Worx 18h15 (30')	Stretching 18h45 (45')			

DIMANCHE

OUVERTURE: 8H
FERMETURE: 17H

			Bodypump 8h30 (60')	Bodysculpt 9h30 (45')	C.A.F 10h15 (45')	Stretching 11h (45')											

Salle Cours	Studio	Piscine	RPM	Plateau
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