

PLANNING DES COURS COLLECTIFS

	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
LUNDI 🕒 OUVERTURE : 09H00 FERMETURE : 22H00		Bodysculpt 09h15 (45')	Stretching 10h00 (45')	C.A.F. 10h45 (45')		Bodypump 12h30 (60')		Pilates 1 14h30 (45')		C.A.F. 17h00 (45')	Step 1 17h45 (45')	Bodysculpt 18h30 (45')	Stretching 19h15 (45')	Zumba 20h15 (45')	
		Well Circuit 09h15 (60')				TRX* 12h30 (45')				Total Recup* 17h00 (45')	Grit Force* 17h45 (45')	Pilates 1* 18h30 (45')	Danse Tahitienne* 19h15 (60')	Yoga anti-stress* 20h15 (60')	
		RPM 09h15 (45')								Sprint 17h15 (45')	RPM 18h15 (45')	RPM 19h15 (45')			
		Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')		Aquabiking* 14h30 (45')		Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')			
MARDI 🕒 OUVERTURE : 08H00 FERMETURE : 22H00	Pilates 1 08h30 (45')	Bodypump 09h15 (60')		Bodybalance 10h30 (60')	Yochiga 11h30 (60')	Boxing* 12h30 (60')		Bodysculpt 14h30 (45')		Pilates 2* 16h15 (45')	Boxing* 17h00 (60')	Bodypump 18h00 (60')	Bodyattack 19h00 (60')	Bodyjam 20h00 (60')	
				Step 1* 10h30 (45')						Yoga Energie* 17h00 (60')	Grit Cardio* 18h00 (45')	CX Worx* 18h45 (30')	Pilates Ball* 19h15 (45')	Bodybalance* 20h00 (60')	
					Total Recup* 11h30 (45')		RPM 12h30 (45')			RPM 17h15 (45')	RPM 18h15 (45')	RPM 19h15 (45')	Sprint 19h15 (45')		
		Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		Aquabiking* 12h30 (45')		Aquabiking* 14h30 (45')		Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')			
MERCREDI 🕒 OUVERTURE : 09H00 FERMETURE : 22H00		C.A.F. 09h15 (45')	Pilates 1 10h00 (45')	Stretching 10h45 (45')		Bodysculpt 12h30 (45')		Yoga anti-stress 14h30 (60')		Zumba 16h15 (45')	Bodypump 17h30 (60')	Step 1 18h30 (45')	Boxing* 19h15 (60')	Pole Dance* 20h15 (90')	
		Well Circuit 09h15 (60')				TRX* 12h30 (45')				CX Worx* 17h00 (30')	Grit Plyo* 17h30 (45')	C.A.F.* 18h30 (45')	Danse orientale* 19h15 (60')	Total Recup* 20h15 (45')	
		RPM 09h15 (45')									RPM 18h15 (45')	RPM 19h15 (45')	Sprint 19h15 (45')		
		Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		Aquadynamic 12h30 (45')		Aquabiking* 14h30 (45')		Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')			
JEUDI 🕒 OUVERTURE : 08H00 FERMETURE : 22H00	Tai Chi 08h15 (60')	Step 1 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')		Bodybalance 12h30 (60')		Stretching 14h30 (45')		Bodysculpt 16h30 (45')	Bodypump 17h30 (60')	CX Worx 18h30 (30')	Bodycombat 19h00 (60')	Sh'Bam 20h00 (60')	
		Yoga Energie* 09h15 (60')								Yoga Energie* 16h30 (60')	Pilates 1* 17h30 (45')	Grit Cardio* 18h15 (45')	Bodybalance* 19h00 (60')	Yoga anti-stress* 20h00 (60')	
						RPM 12h30 (45')					Cross training* 18h30 (60')	Cross training* 18h30 (60')	TRX* 19h30 (45')		
		Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		Aquabiking* 12h30 (45')		Aquabiking* 14h30 (45')		Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')			
VENDREDI 🕒 OUVERTURE : 09H00 FERMETURE : 22H00		Pilates 1 09h15 (60')	Stretching 10h15 (60')			C.A.F. 12h30 (45')		C.A.F. 14h30 (45')	Pole Dance* 15h45 (90')		Bodysculpt 17h30 (45')	L.I.A. 1 18h15 (45')	Step 2 19h00 (60')	Ragga Dance 20h00 (60')	
		Well Circuit 09h15 (60')									Total Recup* 17h15 (45')	Yochiga* 18h00 (60')	Pilates Ball 19h00 (45')	Grit Force* 19h45 (45')	
		RPM 09h15 (45')									RPM 18h15 (45')	Cross training* 18h30 (60')	RPM 19h15 (45')	Sprint 19h15 (45')	
		Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		Aquadynamic 12h30 (45')				Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')				
SAMEDI 🕒 OUVERTURE : 08H00 FERMETURE : 20H00	Pilates 1 08h30 (45')	Bodysculpt 09h15 (45')	Bodybalance 10h00 (60')	Bodyattack 11h00 (60')	Bodypump 12h00 (60')				Bodysculpt 16h00 (45')	C.A.F. 16h45 (45')	Stretching 17h30 (45')				
			Sprint 10h15 (45')	RPM 11h15 (45')											
		Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')										
DIMANCHE 🕒 OUVERTURE : 08H00 FERMETURE : 17H00	CX Worx 08h30 (30')	Bodypump 09h15 (60')	Bodyjam 10h15 (60')	Bodybalance 11h15 (60')				Bodycombat 14h30 (60')	CX Worx 15h30 (30')	Stretching 16h00 (45')					
			RPM 10h15 (45')	Sprint 11h15 (45')											
		Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquadynamic 12h15 (45')										

Salle de cours
Studio
Plateau
RPM
Piscine

* Cours sur réservation