PLANNING DES COURS COLLECTIFS

MATIN | MIDI | APRÈS-MIDI | SOIR

7h 8h 9h 10h 11h 12h 13h 14h 15h 16h 17h 18h 19h 20h 21h 22h

Lundi 07h-22h

- Pilates 07h45 (45')
- Bodysculpt 09h15 (45')
- Bodybalance 10h00 (60')
- Sh'Bam 11h00 (45')
- Aquadynamic 09h15 (45')
- RPM 10h15 (45')
- Aquagym 10h15 (45')
- Aquabiking* 11h15 (45')
- Bodypump 12h30 (60')
- Cross Training* 12h30 (60')
- RPM 12h30 (45')
- Aquabiking* 12h30 (45')
- C.A.F 14h30 (45')
- Aquabiking* 14h30 (45')
- Bodysculpt 16h15 (45')
- Pilates 17h00 (45')
- Bodypump 17h45 (60')
- Cross Training* 17h30 (60')
- Sprint 17h30 (45')
- Aquadynamic 17h30 (45')
- Bodyattack 18h45 (60')
- RPM 18h30 (45')
- Aquabiking* 18h30 (45')
- Boxing* 19h45 (60')
- Cross Training* 19h30 (60')
- RPM 19h30 (45')
- Aquabiking* 19h30 (45')
- Ragga Dance 20h45 (60')
- Total Recup 20h45 (30')
- Aquagym 20h30 (45')

Mardi 07h-22h

- Yoga Energie 09h15 (60')
- Wellcircuit 09h15 (45')
- Aquabiking* 09h15 (45')
- RPM 07h45 (45')
- Bodypump 10h15 (60')
- Aquabiking* 10h15 (45')
- Stretching 11h15 (45')
- Aquagym 11h15 (45')
- Bodybalance 12h30 (60')
- Wellcircuit 12h30 (45')
- Total Recup 13h15 (30')
- RPM 12h30 (45')
- Aquadynamic 12h30 (45')
- Pilates 14h30 (45')
- Stretching 16h15 (45')
- Bodysculpt 17h00 (45')
- Cross Training* 18h00 (60')
- Sprint 18h00 (45')
- Aquabiking* 17h30 (45')
- Step 17h45 (45')
- CX Worx 18h30 (30')
- Aquabiking* 18h30 (45')
- Zumba 19h00 (60')
- RPM 19h00 (45')
- Aquadynamic 19h30 (45')
- Bodycombat 20h00 (60')
- Cross Training* 20h00 (60')
- Stretching 21h00 (45')
- Aquagym 20h30 (45')

Mercredi 07h-22h

- Tai Chi 08h30 (60')
- C.A.F 09h30 (45')
- RPM 09h15 (45')
- Aquagym 09h15 (45')
- Zumba 10h15 (45')
- Aquadynamic 10h15 (45')
- Pilates 11h00 (45')
- Aquabiking* 11h15 (45')
- Boxing* 12h30 (60')
- Cross Training* 12h30 (60')
- Aquabiking* 12h30 (45')
- Yoga Anti-stress 14h30 (60')
- Aquabiking* 14h30 (45')
- CX Worx 16h15 (30')
- Bodybalance 16h45 (60')
- Cross Training* 17h30 (60')
- RPM 17h30 (45')
- Aquagym 17h30 (45')
- Bodyattack 17h45 (60')
- RPM 18h30 (45')
- Aquadynamic 18h30 (45')
- Pilates 18h45 (45')
- Total Recup 18h45 (30')
- Bodypump 19h30 (60')
- Cross Training* 19h30 (60')
- Sprint 19h30 (45')
- Aquabiking* 19h30 (45')
- Bodyjam 20h30 (60')
- Aquabiking* 20h30 (45')

Jeudi 07h-22h

- Bodybalance 09h15 (60')
- Aquabiking* 09h15 (45')
- Pilates 10h15 (45')
- Aquabiking* 10h15 (45')
- Yoga Energie 11h00 (60')
- Aquadynamic 11h15 (45')
- Bodysculpt 12h30 (45')
- Sprint 12h30 (45')
- Aquabiking* 12h30 (45')
- Grit Force 14h30 (45')
- Pilates 16h15 (45')
- Sh'bam 17h00 (45')
- Cross Training* 18h00 (60')
- RPM 17h30 (45')
- Aquadynamic 17h30 (45')
- L.I.A 17h45 (45')
- Sprint 18h30 (45')
- Aquabiking* 18h30 (45')
- Step 18h30 (45')
- Bootcamp* 19h00 (60')
- CX Worx 19h15 (30')
- RPM 19h30 (45')
- Aquabiking* 19h30 (45')
- Boxing* 19h45 (60')
- Cross Training* 20h00 (60')
- Yoga Anti-stress 20h45 (60')
- Aquagym 20h30 (45')

Vendredi 07h-22h

- Pilates 09h15 (45')
- Aquadynamic 09h15 (45')
- Step 10h00 (45')
- RPM 10h15 (45')
- Aquabiking* 10h15 (45')
- C.A.F 10h45 (45')
- Total Recup 11h15 (30')
- Aquabiking* 11h15 (45')
- Bodyattack 12h30 (60')
- Wellcircuit 12h30 (45')
- Aquagym 12h30 (45')
- Bodybalance 14h30 (60')
- C.A.F 16h15 (45')
- Aquabiking* 16h30 (45')
- Bodypump 17h00 (60')
- RPM 17h30 (45')
- Aquabiking* 17h30 (45')
- Grit Cardio 18h00 (45')
- Cross Training* 18h00 (60')
- Sprint 18h30 (45')
- Aquadynamic 18h30 (45')
- Pole Dance* 18h45 (90')
- Cross Training* 19h00 (60')
- Aquagym 19h30 (45')
- Danse Tahitienne 20h15 (60')

Samedi 08h-20h

- C.A.F 08h30 (45')
- Bodypump 09h15 (60')
- Aquagym 09h15 (45')
- Bodyjam 10h15 (60')
- Sprint 10h15 (45')
- Aquabiking* 10h15 (45')
- Bodybalance 11h15 (60')
- Cross Training* 11h15 (60')
- RPM 11h15 (45')
- Aquabiking* 11h15 (45')
- Bodycombat 12h15 (60')
- Aquadynamic 12h15 (45')
- Pole Dance* 15h00 (90')
- RPM 15h30 (45')
- C.A.F 16h30 (45')
- Stretching 17h15 (45')

Dimanche 08h-17h

- Pilates 09h15 (45')
- Aquagym 09h15 (45')
- Bodypump 10h00 (60')
- RPM 10h15 (45')
- Aquadynamic 10h15 (45')
- Grit Cardio 11h15 (45')
- RPM 11h15 (45')
- Aquabiking* 11h15 (45')
- Stretching 12h00 (45')
- Aquabiking* 12h15 (45')

* Cours sur réservation

Salle de cours | Plateau | RPM | Piscine