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 * 08h15 (45')
- Hyrox* 07h30 (45')
- Bodysculpt 09h15 (45')
- Bodybalance 10h15 (45')
- RPM* 10h15 (45')
- C.A.F. 11h15 (45')
- Bodypump 12h30 (60')
- Hyrox* 12h30 (60')
- Wellrun* 12h30 (60')
- Aquawork 08h30 (45')
- Aquagym 09h30 (45')
- Aquabiking* 10h30 (45')
- Aquadynamic 11h30 (45')
- Aquabiking* 12h30 (45')
- Pilates* 14h30 (45')
- Pole Dance* 15h30 (90')
- RPM* 15h30 (45')
- Stretching 17h00 (30')
- Bodypump 17h30 (45')
- Hyrox* 17h30 (45')
- RPM* 17h30 (45')
- Bodyjam 18h30 (45')
- Hyrox* 18h30 (45')
- Sprint* 18h30 (30')
- Bodyattack 19h30 (45')
- Cross Training* 19h30 (60')
- RPM* 19h30 (45')
- Bodybalance 20h30 (60')
- Aquadynamic 15h00 (45')
- Aquawork 17h15 (45')
- Aquadynamic 18h15 (45')
- Aquabiking* 19h15 (45')
- Aquabiking* 20h15 (45')

Mardi
07h-22h

- Bodysculpt 08h30 (45')
- A.F. 09h15 (30')
- Zumba 09h45 (45')
- Stretching 10h30 (45')
- C.A.F. 11h15 (45')
- LesMills Core 12h00 (30')
- Pilates * 12h30 (60')
- RPM* 12h30 (45')
- Aquabiking* 09h30 (45')
- Aquadynamic 10h30 (45')
- Aquabiking* 11h30 (45')
- Aquawork 12h30 (45')
- Yoga anti-stress 15h00 (60')
- Aquabiking* 15h00 (45')
- Hyrox* 16h00 (45')
- LesMills Core 17h30 (45')
- Hyrox* 17h30 (45')
- Aquagym 17h15 (45')
- Bodycombat 18h30 (45')
- RPM* 18h30 (45')
- Cross Training* 18h30 (45')
- Aquabiking* 18h15 (45')
- Bodybalance 19h30 (45')
- Sprint* 19h30 (30')
- Hyrox* 19h30 (45')
- Aquadynamic 19h15 (45')
- Boxing* 20h30 (60')
- Cross Training* 20h30 (60')
- Aquawork 20h15 (45')

Mercredi
07h-22h

- Yoga Énergie 07h30 (60')
- Pilates* 09h15 (45')
- Yoga anti-stress 10h15 (45')
- RPM* 10h15 (45')
- Aquagym 09h30 (45')
- Aquabiking* 10h30 (45')
- Bodysculpt 11h15 (45')
- Aquawork 11h30 (45')
- LesMills Core 12h30 (45')
- Hyrox* 12h30 (60')
- Aquabiking* 12h30 (45')
- Bodysculpt 15h00 (45')
- Stretching 15h45 (45')
- Aquadynamic 17h15 (45')
- Pilates* 17h30 (45')
- Cross Training* 17h30 (45')
- Aquawork 18h15 (45')
- Step* 18h30 (45')
- RPM* 18h30 (45')
- Hyrox* 18h30 (45')
- Bodypump 19h30 (45')
- RPM* 19h30 (45')
- Cross Training* 19h30 (60')
- Aquabiking* 19h15 (45')
- LesMills Core 20h30 (45')
- Aquabiking* 20h15 (45')

Jeudi
07h-22h

- Cross Training* 08h15 (45')
- Bodypump 09h15 (45')
- Stretching 10h15 (45')
- LesMills Core 11h15 (45')
- Boxing* 12h30 (60')
- RPM* 12h30 (45')
- Cross Training* 12h30 (60')
- Aquagym 08h30 (45')
- Aquabiking* 09h30 (45')
- Aquabiking* 10h30 (45')
- Aquadynamic 11h30 (45')
- Aquawork 12h30 (45')
- Bodybalance 15h00 (60')
- Aquabiking* 15h00 (45')
- Bodypump 17h30 (45')
- RPM* 17h30 (45')
- Aquabiking* 17h15 (45')
- Bodyattack 18h30 (45')
- Sprint* 18h30 (30')
- Cross Training* 18h30 (45')
- Wellrun* 18h30 (60')
- Aquadynamic 18h15 (45')
- LesMills Dance 19h30 (45')
- RPM* 19h30 (45')
- Cross Training* 19h30 (45')
- Aquawork 19h15 (45')
- Pilates* 20h30 (60')
- Hyrox* 20h30 (60')
- Aquabiking* 20h15 (45')

Vendredi
07h-22h

- Pilates* 08h15 (45')
- Yoga anti-stress 09h15 (45')
- C.A.F. 10h15 (45')
- Stretching 11h00 (30')
- Zumba 11h30 (45')
- Bodybalance 12h30 (60')
- Sprint* 12h30 (30')
- Aquabiking* 12h30 (45')
- Aquagym 08h30 (45')
- Aquadynamic 09h30 (45')
- Aquabiking* 10h30 (45')
- Aquawork 11h30 (45')
- C.A.F. 15h00 (45')
- Pilates* 15h45 (60')
- Aquagym 16h15 (45')
- Bodybalance 17h30 (45')
- Cross Training* 17h30 (45')
- Aquadynamic 17h15 (45')
- Bodypump 18h30 (45')
- RPM* 18h30 (45')
- Hyrox* 18h30 (45')
- Aquabiking* 18h15 (45')
- Bodycombat 19h30 (45')
- RPM* 19h30 (45')
- Hyrox* 19h30 (45')
- Aquabiking* 19h15 (45')
- Pole Dance* 20h30 (75')

Samedi
08h-20h

- Bodybalance 09h00 (45')
- Aquawork 09h00 (45')
- Boxing* 10h00 (45')
- Sprint* 10h00 (30')
- Aquadynamic 10h00 (45')
- Bodypump 11h00 (45')
- RPM* 11h00 (45')
- Aquabiking* 11h00 (45')
- Stretching 12h00 (45')
- Cross Training* 12h00 (60')
- Aquabiking* 12h00 (45')
- Pole Dance* 14h00 (90')
- RPM* 15h00 (45')
- Bodysculpt 16h00 (45')
- Stretching 16h45 (45')

Dimanche
08h-17h

- Pilates* 09h00 (45')
- Hyrox* 09h00 (45')
- Aquabiking* 09h00 (45')
- Bodypump 10h00 (45')
- RPM* 10h00 (45')
- Aquawork 10h00 (45')
- Bodybalance 11h00 (45')
- Sprint* 11h00 (30')
- Aquadynamic 11h00 (45')
- LesMills Core 12h00 (45')
- Aquabiking* 12h00 (45')

* Cours sur réservation

Salle de cours | Zone Fonctionnelle | Studio Bike | Piscine