

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				Bodypump 09h30 (45')	Stretching 10h30 (45')	Pilates 11h30 (45')	C.A.F. 12h30 (45')				Yoga 16h30 (60')	Bodycombat 17h30 (45')	Bodyjam 18h30 (45')	Bodypump 19h30 (45')	Step 20h30 (45')		
						RPM* 10h30 (45')		RPM* 12h30 (45')					Cross Training* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (30')			
Mardi	07h-22h				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Wellcircuit* 11h15 (45')	Aquabiking* 12h30 (45')				Aquatonus 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')			
					Pilates 09h30 (45')	Zumba 10h30 (45')	Bodybalance 11h30 (45')	Bodypump 12h30 (60')			C.A.F. 16h00 (45')	Pilates 16h45 (45')	Bodypump 17h30 (45')	Boxing* 18h30 (45')	Bodyattack 19h30 (45')	Yoga 20h30 (60')		
Mercredi	07h-22h				Bodypump 09h30 (45')	Yoga 10h30 (60')	C.A.F. 11h30 (45')	Boxing* 12h30 (45')			Pole Dance* 15h00 (90')	C.A.F. 16h45 (45')	Bodyjam 17h30 (45')	LesMills Core 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (45')		
								Sprint* 12h30 (30')					Hyrox* 17h30 (45')	RPM* 18h30 (45')	TRX* 19h30 (30')	Cross Training* 19h30 (45')		
Jeudi	07h-22h				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquawork 12h30 (45')		Aquagym 14h30 (45')			Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')			
					C.A.F. 09h30 (45')	Pilates 10h30 (45')	Stretching 11h30 (45')	LesMills Dance 12h30 (45')				C.A.F. 16h45 (45')	Bodybalance 17h30 (45')	Bodypump 18h30 (45')	Grit* 19h30 (30')	Bodycombat 20h00 (45')		
Vendredi	07h-22h				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')				Aquawork 16h30 (45')	Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')			
					Zumba 09h30 (45')	C.A.F. 10h30 (45')	Pilates 11h30 (45')	Bodybalance 12h30 (45')				Yoga 16h30 (60')	Bodypump 17h30 (45')	Bodyattack 18h30 (45')	C.A.F. 19h30 (45')	Pole Dance* 20h15 (90')		
Samedi	08h-20h					Wellcircuit* 10h00 (45')							Cross Training* 17h30 (45')	TRX* 18h30 (30')	Hyrox* 19h30 (45')			
					Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquawork 11h15 (45')	Aquabiking* 12h30 (45')		Aquabiking* 15h00 (45')			Aquabiking* 17h30 (45')	Aquatonus 18h30 (45')	Aquadynamic 19h30 (45')			
Dimanche	08h-17h				Pilates 09h30 (45')	Bodypump 10h30 (45')	Boxing* 11h30 (45')	Yoga 12h30 (60')		C.A.F. 14h30 (45')	Stretching 15h15 (45')							
						Hyrox* 10h30 (45')												
														* Cours sur réservation				
		Salle de cours			Zone Fonctionnelle			Plateau / Extérieur			Studio Bike			Piscine				