

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