

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			Yoga 08h30 (45')	Bodysculpt 09h30 (45')	Pilates 10h30 (60')		Bodysculpt 12h30 (60') Cross Training* 12h30 (45') RPM* 12h30 (45')		C.A.F. 14h30 (45')	Stretching 15h30 (45')		LesMills Core 17h00 (30') Bodyattack 17h30 (45') Well3D* 17h30 (45')	Bodypump 18h30 (45') Hyrox* 18h30 (45') RPM* 18h30 (45')	Zumba 19h30 (45') Cross Training* 19h30 (45') RPM* 19h30 (45')	Bodybalance 20h30 (60')	
			Aquadynamic* 08h30 (45')		Aquagym* 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquadynamic* 12h30 (45')			Aquabiking* 15h00 (45')		Aquawork* 17h00 (45')	Aquaboxe* 18h00 (45')	Aquabiking* 19h00 (45')	Aquabiking* 20h00 (45')	
Mardi	07h-22h		Pilates 08h30 (45')		Bodypump 09h30 (45')	A.F. 10h30 (30') Stretching 11h00 (30')		Bodyattack 12h30 (60')		Bodypump 14h30 (45')	Bodybalance 15h30 (60')		A.F. 17h00 (30') Bodypump 17h30 (45') Cross Training* 17h30 (45') RPM* 17h30 (45')	Bodycombat 18h30 (45') Cross Training* 18h30 (45') RPM* 18h30 (45')	Bodyjam 19h30 (45') Hyrox* 19h30 (45') RPM* 19h30 (45')	Pole Dance* 20h30 (60')	
				RPM* 08h30 (45')			Cross Training* 11h30 (45')						Aquaboxe* 17h00 (45')	Aquabiking* 18h00 (45')	Aquabiking* 19h00 (45')	Aquadynamic* 20h00 (45')	
Mercredi	07h-22h			A.F. 08h30 (30') Stretching 09h00 (30')	Zumba 09h30 (45')			Bodypump 12h30 (60') Hyrox* 12h30 (45')		C.A.F. 14h30 (45')	Pilates 15h30 (60')		LesMills Core 17h00 (30') Bodybalance 17h30 (45') Hyrox* 17h30 (45')	Bodyattack 18h30 (45') Hyrox* 18h30 (45') RPM* 18h30 (45')	Bodypump 19h30 (45') Cross Training* 19h30 (45') Sprint* 19h30 (30')	Boxing* 20h30 (60')	
					RPM* 09h30 (45')								Aquabiking* 17h00 (45')	Aquabiking* 18h00 (45')	Aquagym* 19h00 (45')	Aquabiking* 20h00 (45')	
Jeudi	07h-22h			Bodypump 08h30 (45')	Step 09h30 (45')	A.F. 10h30 (30') Stretching 11h00 (30')		Bodycombat 12h30 (60')		Bodypump 14h30 (45')	Stretching 15h30 (45')		LesMills Core 17h00 (30') Boxing* 17h30 (45') Cross Training* 17h30 (45')	Bodypump 18h30 (45') Hyrox* 18h30 (45') Sprint* 18h30 (30')	Bodybalance 19h30 (45') Cross Training* 19h30 (45') RPM* 19h30 (45')	Bodyjam 20h30 (60')	
					RPM* 09h30 (45')			RPM* 12h30 (45')					Aquabiking* 17h00 (45')	Aquadynamic* 18h00 (45')	Aquawork* 19h00 (45')	Aquabiking* 20h00 (45')	
Vendredi	07h-22h			Yoga 08h30 (45')	Bodysculpt 09h30 (45')	Stretching 10h30 (45')		Bodybalance 12h30 (60')		A.F. 14h30 (30')	Yoga 15h00 (60')		Bodysculpt 17h00 (45') Hyrox* 17h00 (45')	Step 18h00 (45') Cross Training* 18h00 (45') RPM* 18h00 (45')	Bodypump 19h00 (45') Hyrox* 19h00 (45') Sprint* 19h00 (30')	Pole Dance* 20h00 (60')	
							Hyrox* 11h30 (45')		RPM* 12h30 (45')				Aquadynamic* 17h00 (45')	Aquabiking* 18h00 (45')	Aquabiking* 19h00 (45')	Aquagym* 20h00 (45')	
Samedi	08h-20h				Pilates 09h30 (45')	Bodypump 10h30 (45')	A.F. 11h30 (30') Stretching 12h00 (30')		Bodysculpt 14h00 (45')	Stretching 15h00 (30')							
						RPM* 09h30 (45')	Cross Training* 12h00 (45')										
Dimanche	08h-17h																
					Bodybalance 09h30 (45')	Bodybalance 10h30 (45') RPM* 10h30 (45')	Bodypump 11h30 (60')										

* Cours sur réservation

Salle de cours	Zone Fonctionnelle	Studio Bike	Piscine
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