

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')	Bodysculpt 09h15 (45') RPM* 09h15 (45')		LesMills Core 10h15 (45')	Bodybalance 11h00 (60')			Bodypump 12h30 (60') RPM* 12h30 (45') Cross Training* 12h30 (60')		C.A.F. 14h15 (45')		Yoga Énergie 15h30 (60')		Grit 17h00 (30')	Bodyattack 17h30 (45') RPM* 17h30 (45') Well3D* 17h30 (45')	Bodypump 18h30 (45') RPM* 18h30 (45') Cross Training* 18h30 (45')	Zumba 19h30 (45') Sprint* 19h30 (30') Strength Dev.* 19h30 (45')	Boxing* 20h30 (60') RPM* 20h30 (45') Cross Training* 20h30 (60')	
			Aquadynamic 08h15 (45')	Aquawork 09h15 (45')		Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')			Aquabiking* 12h30 (45')			Aquagym 15h00 (45')				Aquawork 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Mardi 07h-22h			Bodysculpt 08h30 (45')	Zumba 09h15 (45')	A.F. 10h00 (30') RPM* 09h45 (45')	Stretching 10h30 (45')		LesMills Core 12h00 (30')	Bodycombat 12h30 (60') Sprint* 12h30 (30') Well3D* 12h30 (60')			Pilates* 14h00 (45')	Bodybalance 15h00 (60')		Boxing* 16h30 (45')	Bodypump 17h30 (45') Sprint* 17h30 (30')	Bodyattack 18h30 (45') RPM* 18h30 (45') Well3D* 18h30 (45')	Bodyjam 19h30 (45') RPM* 19h30 (45')	Bodybalance 20h30 (45')		
			Aquabiking* 08h15 (45')	Aquabiking* 09h15 (45')		Aquadynamic 10h15 (45')	Aquawork 11h15 (45')			Aquawork 12h30 (45')			Aquabiking* 15h00 (45')				Hyrox* 17h30 (45')	Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Hyrox* 20h30 (60')
Mercredi 07h-22h			Pilates* 08h15 (45')	Bodypump 09h15 (45')		Yoga anti-stress 10h15 (60')				Pilates* 12h30 (60') RPM* 12h30 (45') Cross Training* 12h30 (60')			Bodysculpt 15h00 (45')	Zumba 15h45 (45')	Yoga Énergie 16h30 (45')	Boxing* 17h30 (45')		LesMills Core 18h30 (45') Sprint* 18h30 (30')	Pilates* 19h30 (45') RPM* 19h30 (45')	Pole Dance* 20h30 (75')	
																	Well3D* 17h30 (45')	Hyrox* 18h30 (45')	Wellrun* 19h00 (75')	Cross Training* 19h30 (45')	Strength Dev.* 20h30 (60')
Jeudi 07h-22h																					
Vendredi 07h-22h																					
Samedi 08h-20h																					
Dimanche 08h-17h																					
		* Cours sur réservation																			
		Salle de cours		Zone Fonctionnelle		Studio Bike		Extérieur		Piscine											