

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 Énergie 07h30 (60')		Bodypump 09h15 (45')	Bodybalance 10h15 (45')	C.A.F. 11h15 (45')	Boxing* 12h30 (60')	Pilates 14h00 (60')	Stretching 15h00 (45')			Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodyattack 19h30 (45')	Pole Dance* 20h30 (75')	
					RPM* 10h15 (45')			Cross Training* 12h30 (60')					RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (30')		
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')	Aquabiking* 12h30 (45')						Cross Training* 17h30 (45')	Hyrox* 18h30 (45')	Cross Training* 19h30 (60')		
Mardi 07h-22h		RPM* 07h30 (45')		Bodybalance 09h15 (45')	A.F. 10h00 (30')	Stretching 10h30 (45')		Bodypump 12h30 (60')		Bodysculpt 15h00 (45')			Pilates 17h30 (45')	Bodypump 18h30 (45')	Bodybalance 19h30 (45')	Boxing* 20h30 (60')	
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquagym 11h15 (45')	Aquawork 12h30 (45')	RPM* 12h30 (45')		Aquabiking* 15h00 (45')				Sprint* 18h30 (30')	RPM* 19h30 (45')		
								Hyrox* 12h30 (60')					Cross Training* 18h30 (45')	Hyrox* 19h30 (45')	Cross Training* 20h30 (60')		
Mercredi 07h-22h				Pilates 09h15 (45')	Yoga anti-stress 10h15 (60')		Step 12h30 (60')			C.A.F. 14h30 (45')	Stretching 15h15 (45')	Pole Dance* 16h00 (75')	Bodysculpt 17h30 (45')	Bodycombat 18h30 (45')	Bodypump 19h30 (45')	Bodyjam 20h30 (60')	
					RPM* 10h15 (45')			Cross Training* 12h30 (60')						Sprint* 18h30 (30')	RPM* 19h30 (45')		
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')						Hyrox* 17h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Jeudi 07h-22h				Bodysculpt 09h15 (45')	Stretching 10h15 (45')	LesMills Core 11h00 (45')		Pilates 12h30 (60')					Bodypump 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')	
		Hyrox* 07h30 (45')						RPM* 12h30 (45')						Sprint* 18h30 (30')	RPM* 19h30 (45')		
			Aquadynamic 08h15 (45')	Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')		Aquawork 12h30 (45')	Hyrox* 12h30 (60')		Cross Training* 15h00 (60')	Aquabiking* 15h00 (45')		Aquabiking* 17h30 (45')	Cross Training* 18h30 (45')	Hyrox* 19h30 (45')	Cross Training* 20h30 (60')	
Vendredi 07h-22h				Yoga anti-stress 09h15 (45')	C.A.F. 10h15 (45')	Pilates 11h15 (60')		Bodybalance 12h30 (60')		Bodysculpt 15h00 (60')			Yoga Énergie 17h30 (45')	Bodypump 18h30 (45')	Bodycombat 19h30 (45')	Stretching 20h30 (45')	
								RPM* 12h30 (45')						RPM* 18h30 (45')	RPM* 19h30 (45')		
		Cross Training* 07h30 (45')		Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquabiking* 12h30 (45')	Cross Training* 12h30 (60')					Cross Training* 17h30 (45')	Hyrox* 18h30 (45')	Cross Training* 19h30 (45')		
Samedi 08h-20h				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodysculpt 16h00 (45')	Stretching 16h45 (45')	Pole Dance* 17h30 (90')			
					Sprint* 10h00 (30')	RPM* 11h00 (45')			Cross Training* 14h00 (45')	RPM* 15h00 (45')							
					Cross Training* 10h00 (45')	Cross Training* 11h00 (60')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')									
Dimanche 08h-20h				C.A.F. 09h00 (45')	Pilates 10h00 (45')	Bodypump 11h00 (45')	Stretching 12h00 (45')										
					RPM* 10h00 (45')	Sprint* 11h00 (30')											
				Aquagym* 09h00 (45')	Aquabiking* 10h00 (45')	Aquabiking* 11h00 (45')	Grit Cardio* 12h00 (30')	Aquadynamic* 12h00 (45')									

* Cours sur réservation

- Salle de cours
- Zone Fonctionnelle
- Studio Bike
- Piscine