

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			C.A.F. 08h30 (45')	Bodypump 09h15 (45')	Bodybalance 10h15 (45')	Pilates Ball 11h15 (45')	C.A.F. 12h00 (30')	Bodypump 12h30 (60')		Pilates 14h30 (60')		Bodypump 17h00 (45')	LesMills Dance 18h00 (45')	Bodycombat 18h45 (45')	Bodyjam 19h45 (45')	Bodybalance 20h30 (60')			
					RPM* 10h15 (45')			RPM* 12h30 (45')					RPM* 18h00 (45')		RPM* 19h00 (45')	Sprint* 20h00 (45')			
								Cross Training* 12h30 (60')			TRX* 16h00 (45')			Cross Training* 19h00 (60')	TRX* 20h00 (45')				
				Aquagym 09h30 (45')	Aquagym 10h30 (45')	Aquabiking* 11h30 (45')		Aquabiking* 12h30 (45')		Aquabiking* 14h30 (45')		Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')			
Mardi 07h-22h			Pilates 09h00 (45')	Bodysculpt 09h45 (45')	Zumba 10h30 (45')	Stretching 11h15 (45')		Boxing* 12h30 (60')				Bodybalance 16h30 (45')	Bodyjam 17h30 (45')	Bodypump 18h30 (45')	Bodyattack 19h30 (45')	Yoga Anti-stress 20h30 (60')			
								RPM* 12h30 (45')					RPM* 17h30 (45')	RPM* 18h30 (45')	RPM* 19h30 (45')				
								TRX* 12h30 (45')		Cross Training* 15h30 (60')				Cross Training* 18h30 (60')					
				Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')		Aquadynamic 12h30 (45')		Aquagym 15h30 (45')	Aquabiking* 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquawork 20h30 (45')				
Mercredi 07h-22h			Yoga Energie 08h00 (45')	Bodybalance 09h00 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')	Qi Gong 11h30 (45')	Yoga Energie 12h30 (60')		Bodybalance 14h15 (45')	Pilates Ball 15h15 (45')	Bodypump 16h00 (45')	L.I.A 17h00 (45')	Step 2 17h45 (45')	Boxing* 18h30 (45')	Bodypump 19h30 (45')	Zumba 20h30 (60')		
								RPM* 12h30 (45')					RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')				
								Cross Training* 12h30 (60')						TRX* 18h30 (45')	Cross Training* 19h30 (60')				
				Aquagym 09h30 (45')	Aquagym 10h30 (45')	Aquabiking* 11h30 (45')		Aquabiking* 12h30 (45')			Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')				
Jeudi 07h-22h			A.F. 08h30 (30')	Stretching 09h00 (30')	Bodysculpt 09h30 (45')	Yoga Anti-stress 10h15 (45')	Bodypump 11h15 (60')	Bodysculpt 12h30 (60')		C.A.F. 14h30 (45')	Stretching 15h15 (45')	Pole Dance* 16h00 (90')	Bodypump 17h30 (45')	Bodyattack 18h30 (45')	Pilates 19h30 (45')	Boxing* 20h30 (60')			
						RPM* 10h15 (45')		RPM* 12h30 (45')						RPM* 18h30 (45')	RPM* 19h30 (45')				
													Cross Training* 17h30 (60')						
					Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquagym 11h30 (45')	Aquawork 12h30 (45')					Aquabiking* 17h30 (45')	Aquagym 18h30 (45')	Aquabiking* 19h30 (45')				
Vendredi 07h-22h				Bodypump 09h00 (45')	Pilates 10h00 (45')	Bodybalance 11h00 (45')	A.F. 12h00 (30')	Bodybalance 12h30 (60')		Bodypump 14h30 (45')	Stretching 15h30 (30')		C.A.F. 17h00 (45')	Step 17h45 (45')	Bodyjam 18h30 (45')	Bodybalance 19h30 (60')			
								Sprint* 12h30 (45')					Sprint* 17h30 (45')		RPM* 18h30 (45')				
											Cross Training* 16h00 (60')								
				Aquagym 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')						Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquagym 19h30 (45')				
Samedi 08h-20h			C.A.F. 09h00 (45')	Bodypump 09h45 (60')	Bodysculpt 11h00 (45')	Bodybalance 12h00 (60')	Boxing* 13h15 (60')					Stretching 16h15 (45')	Pole Dance* 17h15 (90')						
					RPM* 10h00 (45')	RPM* 11h00 (45')					Sprint* 15h30 (45')								
								Cross Training* 12h15 (60')		Cross Training* 14h30 (60')									
				Aquagym 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')												
Dimanche 08h-17h			C.A.F. 09h15 (45')	Bodypump 10h00 (60')	Bodyjam 11h15 (45')	Stretching 12h15 (45')													
					RPM* 10h15 (45')	RPM* 11h15 (45')													
				Aquagym 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquagym 12h30 (45')												
														* Cours sur réservation					
		Salle de cours				Zone fonctionnelle				Studio Bike				Piscine					