

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