

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					Bodypump 09h30 (45')	Stretching 10h30 (45')	Pilates 11h30 (45')	C.A.F. 12h30 (45')				Yoga 16h30 (45')	Bodycombat 17h30 (45')	Bodyjam 18h30 (45')	Bodypump 19h30 (45')	Step 20h30 (60')	
						RPM* 10h30 (45')		RPM* 12h30 (45')					RPM* 17h30 (45')			Sprint* 19h30 (45')	
Mardi 07h-22h							Wellcircuit* 11h15 (45')										
					Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')				Aquatonus 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')		
Mercredi 07h-22h					Pilates 09h30 (45')	Zumba 10h30 (45')	Bodybalance 11h30 (45')	Bodypump 12h30 (60')				C.A.F. 16h00 (45')	Pilates 16h45 (45')	Bodypump 17h30 (45')	Boxing* 18h30 (45')	Bodyattack 19h30 (45')	Yoga 20h30 (60')
					RPM* 09h30 (45')									RPM* 18h00 (45')		RPM* 19h30 (45')	
Jeudi 07h-22h								Hyrox* 12h30 (45')									
					Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquabiking* 12h30 (45')				Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquatonus 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 07h-22h					Bodypump 09h30 (45')	Yoga 10h30 (45')	C.A.F. 11h30 (45')	Boxing* 12h30 (60')			Pole Dance* 15h00 (90')	C.A.F. 16h45 (45')	Bodyjam 17h30 (45')	LesMills Core 18h30 (45')	Step 19h30 (45')		
								Sprint* 12h30 (45')									
Samedi 09h-20h						Wellcircuit* 10h00 (45')		TRX* 12h30 (30')									
					Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquawork 12h30 (45')		Aquagym 14h30 (45')			Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')		
Dimanche 09h-17h					C.A.F. 09h30 (45')	Pilates 10h30 (45')	Stretching 11h30 (45')	LesMills Dance 12h30 (60')				C.A.F. 16h45 (45')	Bodybalance 17h30 (45')	Bodypump 18h30 (45')	Grit* 19h30 (30')	Bodycombat 20h00 (60')	
						RPM* 10h30 (45')											
Dimanche 09h-17h								Cross Training* 12h30 (45')									
					Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')				Aquawork 16h30 (45')	Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')		
Dimanche 09h-17h					Zumba 09h30 (45')	C.A.F. 10h30 (45')	Pilates 11h30 (45')	Bodybalance 12h30 (60')				Yoga 16h30 (45')	Bodypump 17h30 (45')	Bodyattack 18h30 (45')	C.A.F. 19h30 (45')	Pole Dance* 20h15 (90')	
								RPM* 12h30 (45')									
Dimanche 09h-17h						Wellcircuit* 10h00 (45')											
					Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquawork 11h15 (45')	Aquabiking* 12h30 (45')		Aquabiking* 15h00 (45')			Aquabiking* 17h30 (45')	Aquatonus 18h30 (45')	Aquadynamic 19h30 (45')		
Dimanche 09h-17h					Pilates 09h30 (45')	Bodypump 10h30 (45')	Boxing* 11h30 (60')			C.A.F. 14h30 (45')	Stretching 15h15 (45')						
							RPM* 11h30 (45')										
Dimanche 09h-17h						Hyrox* 10h30 (45')											
					Aquagym 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')										
Dimanche 09h-17h					Bodypump 09h30 (60')		LesMills Core 11h30 (45')										
						RPM* 10h30 (45')											
Dimanche 09h-17h					Aquadynamic 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquawork 12h30 (45')									
													* Cours sur réservation				
			Salle de cours		Zone fonctionnelle		Plateau / Extérieur		Studio Bike		Piscine						

À NOTER : les cours d’Hyrox débuteront le lundi 23 février.
Du 5 janvier au 22 février, les cours d’Hyrox sont remplacés par des cours de Cross Training.