

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