

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

* Cours sur réservation

Salle de cours	Plateau	Studio Bike	Piscine
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