

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			Bodysculpt 08h15 (45')	Pilates 09h15 (45')	Zumba 10h00 (45')	Stretching 10h45 (45')	C.A.F. 11h30 (45')	Bodyattack 12h30 (60')		Yoga 14h30 (45')	Bodypump 15h30 (60')	Bodycombat 17h15 (45')	C.A.F. 18h00 (45')	Step 18h45 (45')	Bodypump 19h30 (45')	Boxing* 20h30 (60')	
			Gym Soft* 09h30 (45')	Gym Soft* 10h30 (60')			Stretching* 12h30 (60')		Qi Gong* 14h00 (60')	Gym Soft* 15h15 (60')		Pilates* 17h15 (45')	Stretching* 18h00 (45')	Bodysculpt* 18h45 (45')	Pilates* 19h30 (45')	Bodybalance* 20h15 (60')	
					RPM* 11h00 (45')		RPM* 12h30 (45')					RPM* 17h15 (45')	RPM* 18h15 (45')	Sprint* 19h15 (45')	RPM* 20h15 (45')		
			Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')					Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')		
Mardi 07h-22h			Bodybalance 09h15 (45')	Bodypump 10h15 (45')	Pilates 11h15 (45')		Bodysculpt 12h30 (60')		Pilates 14h30 (60')		C.A.F. 16h30 (45')	Bodybalance 17h15 (45')	LesMills Barre 18h15 (45')	Bodysculpt 19h00 (45')	Bodyattack 19h45 (45')	Zumba 20h45 (60')	
			Gym Soft* 09h15 (45')	Qi Gong* 10h00 (60')	Stretching* 11h15 (45')			Cross Training* 12h30 (60')		Grit* 15h30 (45')		Bodysculpt* 17h15 (45')	Pilates* 18h15 (45')	LesMills Core* 19h00 (45')	Bodysculpt* 19h45 (45')	Stretching* 20h30 (45')	
				RPM* 10h00 (45')			Sprint* 12h30 (45')					RPM* 17h15 (45')	Sprint* 18h15 (45')	RPM* 19h15 (45')	Sprint* 20h15 (45')		
		Aquabiking* 08h15 (45')	Aquabiking* 09h15 (45')	Aquagym 10h15 (45')		Aquatonus 12h30 (45')						Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')		
Mercredi 07h-22h			Pilates Ball 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')	Gym Soft 11h30 (45')	Zumba 12h30 (60')		C.A.F. 14h30 (45')	Stretching 15h15 (45')	Pole Dance* 16h00 (90')	Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodycombat 19h30 (45')	Bodybalance 20h30 (60')		
			Tai chi* 09h15 (60')					Cross Training* 12h30 (60')					Yoga Anti-stress* 18h00 (45')	LesMills Core* 19h00 (45')	Yoga Energie* 19h45 (60')		
							RPM* 12h30 (45')						RPM* 18h15 (45')	Sprint* 19h15 (45')	RPM* 20h15 (45')		
			Aquagym 09h15 (45')	Aquatonus 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')					Aquagym 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
Jeudi 07h-22h			C.A.F. 09h15 (45')	Pilates 10h00 (45')	Yoga 10h45 (60')		Bodybalance 12h30 (60')		Yoga Anti-stress 14h30 (60')			Bodypump 16h30 (45')	LesMills Barre 17h30 (45')	Boxing* 18h30 (45')	Bodypump 19h30 (45')	Pole Dance* 20h30 (75')	
					Gym Soft* 10h45 (45')	Stretching* 11h30 (45')	Yoga* 12h30 (60')						LesMills Core* 17h15 (45')	Bodybalance* 18h00 (45')	Stretching* 18h45 (45')	C.A.F.* 19h30 (45')	Bodysculpt* 20h15 (45')
				Cross Training* 09h30 (60')			RPM* 12h30 (45')				Cross training* 15h30 (45')						
		Aquagym 08h15 (45')	Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')					Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 07h-22h			Bodysculpt 09h15 (45')	Step 10h00 (45')	Pilates Ball 10h45 (45')	C.A.F. 11h30 (45')	Bodypump 12h30 (60')					Bodycombat 16h30 (45')	Bodypump 17h15 (45')	Bodyjam 18h15 (45')	Bodybalance 19h15 (45')	Boxing* 20h00 (60')	
													Stretching* 17h30 (45')	C.A.F.* 18h15 (45')	Pilates* 19h00 (45')		
							RPM* 12h30 (45')						RPM* 17h15 (45')	Sprint* 18h15 (45')			
			Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquadynamic 12h30 (45')			Aquadynamic 15h30 (45')		Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')			
Samedi 08h-20h			Pilates 09h15 (45')	Bodypump 10h15 (45')	Bodyjam 11h15 (45')	Stretching 12h15 (45')	Boxing* 13h00 (60')		Grit 14h15 (45')	Bodyattack 15h00 (60')				Bodybalance 17h15 (45')	A.F. 18h15 (30')	Stretching 18h45 (45')	
				RPM* 10h15 (45')	RPM* 11h15 (45')												
			Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')										
Dimanche 08h-17h			Bodypump 08h30 (45')	Bodysculpt 09h30 (45')	C.A.F. 10h30 (45')	Stretching 11h15 (45')											
				RPM* 09h30 (45')	RPM* 10h30 (45')												
			Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')		Aquagym 12h30 (45')										

* Cours sur réservation

Salle de cours	Studio	Plateau	Studio Bike	Piscine
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