

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 Énergie 07h30 (60')		Bodypump 09h15 (45')	Bodybalance 10h15 (45')	C.A.F. 11h15 (45')		Boxing* 12h30 (60')		Pilates 14h00 (60')		Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodyattack 19h30 (45')	Pole Dance* 20h30 (75')									
					RPM* 10h15 (45')				Cross Training* 12h30 (60')				RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')										
													Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Cross Training* 19h30 (60')										
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		Aquabiking* 12h30 (45')					Aquawork 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')									
Mardi 07h-22h		RPM* 07h30 (45')			Bodybalance 09h15 (45')	A.F. 10h00 (30')	Stretching 10h30 (45')		LesMills Core 12h00 (30')	Bodypump 12h30 (45')	Bodybalance 13h15 (30')		Bodysculpt 15h00 (45')		Pilates 17h30 (45')	Bodypump 18h30 (45')	L.I.A 19h30 (45')	Boxing* 20h30 (60')							
			Cross Training* 08h15 (45')						RPM* 12h30 (45')						RPM* 18h30 (45')	RPM* 19h30 (45')	Sprint* 20h30 (45')								
									Cross Training* 12h30 (45')						Cross Training* 18h30 (45')	Cross Training* 19h30 (45')	Cross Training* 20h30 (60')								
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquagym 11h15 (45')		Aquawork 12h30 (45')				Aquabiking* 15h00 (45')		Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Aquabiking* 20h30 (45')								
Mercredi 07h-22h				Pilates 09h15 (45')	Yoga Anti-stress 10h15 (60')			Grit Cardio 12h30 (30')	LesMills Core 13h00 (30')			C.A.F. 15h00 (45')	Stretching 15h45 (30')		Bodysculpt 17h30 (45')	Bodycombat 18h30 (45')	Bodypump 19h30 (45')	Bodyjam 20h30 (45')							
					RPM* 10h15 (45')										Sprint* 18h30 (45')	RPM* 19h30 (45')									
							Cross Training* 11h30 (45')		Cross Training* 12h30 (60')						Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Cross Training* 19h30 (60')								
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')							Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')							
Jeudi 07h-22h				Bodysculpt 09h15 (45')	Stretching 10h15 (45')	C.A.F. 11h00 (45')		Pilates 12h30 (60')							LesMills Core 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')							
								RPM* 12h30 (45')				RPM* 15h00 (45')				Sprint* 18h30 (45')	RPM* 19h30 (45')								
								Cross Training* 12h30 (60')								Cross Training* 18h30 (45')	Cross Training* 19h30 (45')	Cross Training* 20h30 (60')							
			Aquadynamic 08h15 (45')	Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')			Aquawork 12h30 (45')				Aquabiking* 15h00 (45')			Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquawork 19h30 (45')	Aquabiking* 20h30 (45')							
Vendredi 07h-22h				Yoga Anti-stress 09h15 (45')	C.A.F. 10h15 (45')	Pilates 11h15 (60')		Bodybalance 12h30 (60')				Bodysculpt 15h00 (60')			Yoga Energie 17h30 (45')	Bodypump 18h30 (45')	Bodycombat 19h30 (45')	Stretching 20h30 (60')							
								RPM* 12h30 (45')								RPM* 18h30 (45')	RPM* 19h30 (45')								
		Cross Training* 07h30 (45')														Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Cross Training* 19h30 (60')							
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquabiking* 12h30 (45')								Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')							
Samedi 08h-20h				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')		Bodycombat 14h00 (45')						Pole Dance* 17h30 (75')										
					Sprint* 10h00 (45')	RPM* 11h00 (45')						RPM* 15h00 (45')													
					Cross Training* 10h00 (45')	Cross Training* 11h00 (60')																			
					Aquadynamic* 10h00 (45')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')																		
Dimanche 08h-17h				Pilates 10h00 (45')	Bodypump 11h00 (45')	Stretching 12h00 (60')																			
				RPM* 10h00 (45')	Sprint* 11h00 (45')																				
				Aquagym* 10h00 (45')	Aquadynamic* 11h00 (45')	Aquabiking* 12h00 (45')																			
																		* Cours sur réservation							
																		Salle de cours		Zone fonctionnelle		Studio Bike		Piscine	