

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 07h30 (60')		Bodypump 09h15 (45')	Bodybalance 10h15 (60')		Boxing* 12h30 (60')			Yoga Energie 15h00 (60')		Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodyattack 19h30 (45')	Pole Dance* 20h30 (75')	
					RPM* 10h15 (45')							RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')		
							Cross Training* 12h30 (60')						Cross Training* 18h30 (60')	Cross Training* 19h30 (60')		
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')		Aquabiking* 12h30 (45')					Aquawork 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Mardi 07h-22h				Bodybalance 09h15 (45')	A.F. 10h00 (30')	Stretching 10h30 (45')	Bodypump 12h30 (60')					Pilates 17h30 (45')	Bodypump 18h30 (45')	Zumba 19h30 (45')	Boxing* 20h30 (60')	
							RPM* 12h30 (45')					Sprint* 17h30 (45')	RPM* 18h30 (45')	RPM* 19h30 (45')		
												Cross Training* 18h30 (60')	Cross Training* 19h30 (60')			
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (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')		LesMills Core 12h30 (45')					LesMills Dance 17h30 (45')	Bodycombat 18h30 (45')	Bodypump 19h30 (45')	Grit Cardio 20h30 (45')	
					RPM* 10h15 (45')								Sprint* 18h30 (45')	RPM* 19h30 (45')		
												Cross Training* 17h30 (60')	Cross Training* 18h30 (60')	Cross Training* 19h30 (60')		
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')		Aquabiking* 12h30 (45')					Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Jeudi 07h-22h				Bodysculpt 09h15 (45')	Stretching 10h15 (60')		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* 19h30 (60')	Cross Training* 20h30 (60')	Cross Training* 20h30 (60')	
				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')		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* 17h30 (60')	Cross Training* 18h30 (60')		
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (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')				Bodysculpt 15h45 (45')					
					Sprint* 10h00 (45')	RPM* 11h00 (45')					RPM* 15h00 (45')					
					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')										
					Aquawork 10h00 (45')	Aquadynamic 11h00 (45')	Aquabiking* 12h00 (45')									

* Cours sur réservation

Salle de cours	Plateau	Studio Bike	Piscine
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