

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				Body sculpt 09h15 (45')	Body balance 10h15 (60')			Body combat 12h30 (60')		Yoga Energie 15h00 (60')			Body pump 17h30 (45')	Body jam 18h30 (45')	Body attack 19h30 (45')	Body balance 20h30 (60')	
					RPM* 10h15 (45')			Cross Training* 12h30 (60')					RPM* 17h30 (45')	Cross Training* 18h30 (60')	Cross Training* 19h30 (60')		
			Aqua gym 09h15 (45')		Aqua biking* 10h15 (45')			Aqua biking* 12h30 (45')					Aqua work 17h30 (45')	Aqua dynamic 18h30 (45')	Aqua biking* 19h30 (45')	Aqua biking* 20h30 (45')	
Mardi 07h-22h			A.F. 09h15 (30')	Zumba 09h45 (45')	Stretching 10h30 (45')			Pilates 12h30 (60')					Les Mills Core 17h30 (45')	Body combat 18h30 (45')	Body balance 19h30 (45')	Boxing* 20h30 (60')	
							RPM* 12h30 (45')						RPM* 18h30 (45')	Cross Training* 18h30 (60')	Cross Training* 19h30 (60')		
			Aqua biking* 09h15 (45')		Aqua dynamic 10h15 (45')			Aqua work 12h30 (45')		Aqua biking* 15h00 (45')			Aqua gym 17h30 (45')	Aqua biking* 18h30 (45')	Aqua dynamic 19h30 (45')	Aqua biking* 20h30 (45')	
Mercredi 07h-22h			Pilates 09h15 (45')		Yoga Anti-stress 10h15 (60')			Les Mills Core 12h30 (45')					Pilates 17h30 (45')	Step 18h30 (45')	Body pump 19h30 (45')	Stretching 20h30 (60')	
					RPM* 10h15 (45')			Cross Training* 12h30 (60')					Cross Training* 17h30 (60')		Cross Training* 19h30 (60')		
			Aqua gym 09h15 (45')		Aqua biking* 10h15 (45')			Aqua biking* 12h30 (45')					Aqua dynamic 17h30 (45')	Aqua work 18h30 (45')	Aqua biking* 19h30 (45')	Aqua biking* 20h30 (45')	
Jeudi 07h-22h			Body pump 09h15 (45')		Stretching 10h15 (60')			Boxing* 12h30 (60')					Body pump 17h30 (45')	Body attack 18h30 (45')	Les Mills Dance 19h30 (45')	Yoga Anti-stress 20h30 (60')	
							RPM* 12h30 (45')							Sprint* 18h30 (45')	RPM* 19h30 (45')		
			Aqua biking* 09h15 (45')		Aqua biking* 10h15 (45')			Aqua work 12h30 (45')		Aqua biking* 15h00 (45')			Aqua biking* 17h30 (45')	Aqua dynamic 18h30 (45')	Aqua work 19h30 (45')	Aqua biking* 20h30 (45')	
Vendredi 07h-22h			Yoga Anti-stress 09h15 (45')	C.A.F. 10h15 (45')			Body balance 12h30 (60')			Body sculpt 15h00 (60')			Yoga Energie 17h30 (45')	Body pump 18h30 (45')	Body combat 19h30 (45')	Pole Dance* 20h30 (75')	
							RPM* 12h30 (45')							RPM* 18h30 (45')	RPM* 19h30 (45')		
			Aqua dynamic 09h15 (45')		Aqua biking* 10h15 (45')			Aqua biking* 12h30 (45')					Cross Training* 17h30 (60')	Cross Training* 18h30 (60')		Aqua biking* 19h30 (45')	
Samedi 08h-20h			Body balance 09h00 (45')	Boxing* 10h00 (45')	Body pump 11h00 (45')	Stretching 12h00 (45')					Body sculpt 15h45 (45')	Stretching 16h30 (45')					
				Sprint* 10h00 (45')	RPM* 11h00 (45')					RPM* 15h00 (45')							
				Aqua dynamic 10h00 (45')	Aqua biking* 11h00 (45')	Aqua biking* 12h00 (45')											
Dimanche 08h-17h			Pilates 09h00 (45')	Body pump 10h00 (45')	Body balance 11h00 (45')	Les Mills Core 12h00 (45')											
				RPM* 10h00 (45')	Sprint* 11h00 (45')												
				Aqua work 10h00 (45')	Aqua dynamic 11h00 (45')	Aqua biking* 12h00 (45')											