

# Planning des cours collectifs

	7h	8h	9h	MATIN			MIDI	14h	APRÈS-MIDI			SOIR				22h	
				10h	11h	12h	13h		15h	16h	17h	18h	19h	20h	21h		
<b>Lundi</b> 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 (45')			Stretching* 12h30 (45')			Gym Soft* 15h15 (45')		Pilates* 17h15 (45')	Yoga* 18h00 (45')	Bodypump* 19h00 (45')	Stretching* 19h45 (45')	LesMills Core* 20h30 (45')
						RPM* 10h45 (45')		RPM* 12h30 (45')				Strength Development* 16h15 (60')	Grit* 18h00 (45')	Hyrox* 18h45 (45')	Cross Training* 19h45 (60')		
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')					Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
<b>Mardi</b> 07h-22h				Bodybalance 09h15 (45')	Bodypump 10h15 (45')	Pilates 11h15 (45')	C.A.F. 12h30 (45')		Pilates 14h30 (60')			C.A.F. 17h15 (45')	Bodybalance 18h00 (45')	LesMills Core 18h45 (45')	Bodyattack 19h30 (45')	Zumba 20h30 (60')	
				Gym Soft* 09h15 (45')	Stretching* 10h15 (45')			Cross Training* 12h30 (60')			Cross Training* 15h30 (60')		Stretching* 17h15 (45')	Pilates* 18h15 (45')	Pilates* 19h00 (45')	C.A.F.* 19h45 (45')	Total Récup* 20h30 (45')
								Sprint* 12h30 (45')				RPM* 17h15 (45')	Wellrun* 18h30 (60')	Cross Training* 18h00 (45')	Strength Development* 19h00 (45')	Hyrox* 20h00 (60')	
			Aquabiking* 08h15 (45')	Aquabiking* 09h15 (45')	Aquagym 10h15 (45')		Aquatonus 12h30 (45')					Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')		
<b>Mercredi</b> 07h-22h				Step 09h15 (45')	C.A.F. 10h15 (45')	Stretching 11h00 (45')	Zumba 12h30 (60')		Bodypump 14h30 (45')	Stretching 15h15 (45')	Pole Dance* 16h00 (90')	Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodycombat 19h30 (45')	Bodybalance 20h30 (60')		
					Qi Gong* 10h30 (45')	Gym Soft* 11h30 (45')	Pilates* 12h30 (45')					Yoga anti-stress* 17h30 (45')	C.A.F.* 18h30 (45')	Pilates* 19h30 (45')	Bodypump* 20h30 (45')		
							Grit* 12h30 (45')					Hyrox* 17h30 (45')	Grit* 18h30 (45')	Cross Training* 19h30 (60')			
				Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')					Aquagym 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
<b>Jeudi</b> 07h-22h				C.A.F. 09h15 (45')	Pilates 10h00 (45')	Yoga 10h45 (60')	Bodybalance 12h30 (60')			Bodybalance 15h45 (45')	LesMills Core 16h30 (45')	Pilates 17h30 (45')	Bodypump 18h30 (45')	Boxing* 19h30 (45')	Pole Dance* 20h30 (75')		
					Gym Soft* 10h45 (45')	Total Récup* 11h30 (45')	Bodypump* 12h30 (45')					C.A.F.* 17h30 (45')	Total Récup* 18h30 (45')	Yoga* 19h15 (45')	C.A.F.* 20h15 (45')		
				Cross Training* 09h30 (60')			Hyrox* 12h30 (60')					Strength Development* 17h30 (45')	Cross Training* 18h30 (45')	Grit* 19h30 (45')			
			Aquagym 08h15 (45')	Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')					Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquadynamic 19h30 (45')		
<b>Vendredi</b> 07h-22h				Bodypump 09h15 (45')	Step 10h00 (45')	Pilates 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')	
								Pilates* 12h30 (45')				Total Récup* 17h15 (45')	C.A.F.* 18h15 (45')	Pilates* 19h15 (45')			
							Wellrun* 12h30 (60')			Hyrox* 15h30 (60')		Cross Training* 17h15 (60')	Strength Development* 18h30 (60')				
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquadynamic 12h30 (45')					Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquagym 18h30 (45')			
<b>Samedi</b> 08h-20h				Pilates 09h15 (45')	Bodypump 10h15 (45')	Bodyjam 11h15 (45')	Stretching 12h15 (45')		Yoga 14h00 (60')		C.A.F. 16h00 (45')	Stretching 16h45 (45')					
							Cross Training* 12h15 (60')										
					RPM* 10h15 (45')	RPM* 11h15 (45')				RPM* 15h00 (45')							
				Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')										
<b>Dimanche</b> 08h-17h			Gym Soft 08h30 (45')	Bodypump 09h30 (45')	C.A.F. 10h30 (45')	Stretching 11h15 (45')											
				RPM* 09h30 (45')	RPM* 10h30 (45')	Hyrox* 11h30 (60')											
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')										

\* Cours sur réservation

Salle de cours	Studio	Zone fonctionnelle	Extérieur	Studio Bike	Piscine
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