

Planning temporaire

Pendant la phase de transformation du club

À partir
du 05/01

| | MATIN | | | MIDI | | | APRÈS-MIDI | | | SOIR | | | | | | |
|------------------------------|--------------------------------|----|----|----------------------------------|----------------------------------|----------------------------|--------------------------------|-----|----------------------------|---------------------------|-----|--------------------------------|--------------------------------|----------------------------------|----------------------------------|-----|
| | 7h | 8h | 9h | 10h | 11h | 12h | 13h | 14h | 15h | 16h | 17h | 18h | 19h | 20h | 21h | 22h |
| Lundi 07h-22h | Pilates 07h15 (45') | | | C.A.F. 09h30 (45') | LM Core 10h30 (45') | | Bodypump 12h30 (45') | | Bodysculpt 15h00 (45') | Stretching 16h00 (45') | | Bodybalance 17h30 (45') | LM Dance 18h30 (45') | Bodypump 19h30 (45') | Pole Dance* 20h30 (75') | |
| | | | | RPM* 09h30 (45') | Stretching* 10h30 (60') | | Yoga Energie* 12h30 (60') | | | | | Grit Force* 17h30 (45') | Cross Training* 18h30 (45') | Grit Cardio* 19h30 (45') | Yoga anti-stress* 20h30 (60') | |
| | | | | Aquagym 09h30 (45') | Aquaslim 10h30 (45') | | Aquabiking* 12h30 (45') | | | | | Aquadynamic 17h30 (45') | Aquabiking* 18h30 (45') | Aquaboxing 19h30 (45') | | |
| Mardi 07h-22h | Sprint* 07h15 (45') | | | LM Core 09h30 (45') | Bodysculpt 10h30 (60') | | LM Dance 12h30 (45') | | Pilates 15h00 (45') | | | Bodypump 17h30 (45') | Bodyattack 18h30 (45') | Bodybalance 19h30 (60') | | |
| | | | | Bodybalance* 09h30 (45') | Yoga anti-stress* 10h30 (60') | | Stretching* 12h30 (45') | | | | | Pilates* 17h30 (45') | Cross Training* 18h30 (45') | Bodysculpt* 19h30 (60') | | |
| | | | | Aquaslim 09h30 (45') | Aquabiking* 10h30 (45') | | Aquadynamic* 12h30 (45') | | | | | Aquabiking* 17h30 (45') | Aquagym 18h30 (45') | Aquadynamic 19h30 (45') | | |
| Mercredi 07h-22h | Cross Training* 07h15 (45') | | | Bodypump 09h30 (45') | Bodybalance 10h30 (60') | | LM Core 12h30 (45') | | Bodybalance 15h00 (60') | | | LM Core 17h30 (45') | Bodypump 18h30 (45') | Bodyjam 19h30 (45') | Bodybalance 20h30 (45') | |
| | | | | Pilates* 09h30 (45') | | | Cross Training* 12h30 (45') | | | | | | Grit Cardio* 18h30 (45') | Cross Training* 19h30 (45') | | |
| | | | | Aquabiking* 09h30 (45') | Aquagym 10h30 (45') | | Sprint* 12h30 (45') | | | | | RPM* 17h30 (45') | | | | |
| Jeudi 07h-22h | | | | Stretching 09h30 (45') | LM Core 10h30 (45') | | Bodycombat 12h30 (45') | | | | | Bodybalance 17h30 (45') | Bodypump 18h30 (45') | Bodycombat 19h30 (45') | LM Core 20h30 (45') | |
| | | | | Cross Training* 09h30 (45') | Yoga anti-stress* 10h30 (60') | | Stretching* 12h30 (45') | | | | | | Yoga Energie* 18h30 (60') | Pilates* 19h30 (45') | | |
| | | | | Aquagym 09h30 (45') | Aquadynamic 10h30 (45') | | Aquaslim 12h30 (45') | | | | | RPM* 17h30 (45') | RPM* 18h30 (45') | | | |
| Vendredi 07h-22h | Grit Cardio 07h15 (45') | | | Bodysculpt 09h30 (45') | Stretching 10h30 (60') | | Bodypump 12h30 (45') | | | | | Bodypump 17h30 (45') | C.A.F. 18h30 (45') | Bodyattack 19h30 (60') | | |
| | | | | Yoga anti-stress* 09h30 (60') | | | Bodybalance* 12h30 (45') | | | | | Cross Training* 17h30 (60') | | Yoga anti-stress* 19h30 (60') | | |
| | | | | Aquaboxing* 09h30 (45') | Aquagym 10h30 (45') | | RPM* 10h30 (45') | | | | | | RPM* 18h30 (45') | | | |
| | | | | | | | Aquabiking* 12h30 (45') | | | | | Aquabiking* 17h30 (45') | Aquadynamic 18h30 (45') | Aquaslim 19h30 (45') | | |
| Samedi 08h-20h00 | | | | Bodypump 09h30 (60') | | Stretching 11h30 (60') | | | | | | | | | | |
| | | | | | RPM* 10h30 (45') | | | | | | | | | | | |
| | | | | Aquaslim 09h30 (45') | Aquadynamic* 10h30 (45') | Aquabiking* 11h30 (45') | | | | | | | | | | |
| Dimanche 08h-17h00 | | | | | C.A.F. 10h30 (45') | Bodybalance 11h30 (60') | | | | | | | | | | |
| | | | | RPM* 09h30 (45') | | | | | | | | | | | | |
| | | | | Aquabiking* 09h30 (45') | Aquagym 10h30 (45') | Aquadynamic 11h30 (45') | | | | | | | | | | |

* Cours sur réservation

| | | | |
|----------------|--------|-------------|---------|
| Salle de cours | Studio | Studio Bike | Piscine |
|----------------|--------|-------------|---------|