

Planning d'été du lundi 27 Juillet au dimanche 23 août

		MATIN					MIDI		APRÈS-MIDI					SOIR			
		7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
Lundi 08h-22h				Bodysculpt 09h15 (45')	Bodybalance 10h00 (60')			Bodypump 12h30 (60')				Pilates 16h30 (45')	Bodypump 17h30 (45')	Bodyattack 18h30 (45')	Bodyjam 19h30 (45')		
								Hyrox* 12h30 (60')						Hyrox* 18h30 (45')	Cross Training* 19h30 (60')		
Mardi 08h-22h				Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		RPM* 12h30 (45')				RPM* 17h30 (45')	Sprint* 18h30 (30')				
				Yoga Énergie 09h15 (45')	Bodypump 10h15 (45')	Stretching 11h15 (45')		Aquabiking* 12h30 (45')				Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')			
Mardi 08h-22h				Yoga Énergie 09h15 (45')	Bodypump 10h15 (45')	Stretching 11h15 (45')		Bodyattack 12h30 (60')				Bodybalance 17h30 (45')	Zumba 18h30 (45')	Bodycombat 19h30 (45')			
								Cross Training* 12h30 (60')				Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Hyrox* 19h30 (60')			
Mardi 08h-22h				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Sprint* 12h30 (30')				RPM* 18h30 (45')	RPM* 19h30 (45')	RPM* 19h30 (45')			
								Aquadynamic 12h30 (45')				Aquawork* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')			
Mercredi 08h-22h				Stretching 09h15 (45')	Zumba 10h00 (45')	A.F. 10h45 (45')		Bodybalance 12h30 (60')				Bodyattack 17h30 (45')	Bodypump 18h30 (45')	Boxing* 19h30 (60')			
								RPM* 12h30 (45')				RPM* 17h30 (45')	Hyrox* 18h30 (45')	RPM* 18h30 (45')			
Mercredi 08h-22h				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquawork* 11h15 (45')		Aquabiking* 12h30 (45')				Aquagym 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')			
															Wellrun* 19h30 (60')		
Jeudi 08h-22h				C.A.F. 09h15 (45')	Pilates 10h00 (45')	Yoga anti-stress 10h45 (60')		Bodysculpt 12h30 (60')				Bodypump 17h30 (45')	Boxing 18h30 (45')	Yoga anti-stress 19h30 (60')			
												Hyrox* 17h30 (45')	Cross Training* 18h30 (45')				
Jeudi 08h-22h				Aquawork* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		Aquabiking* 12h30 (45')				Aquabiking* 17h30 (45')	Aquawork* 18h30 (45')	RPM* 19h30 (45')			
														Aquadynamic 19h30 (45')			
Vendredi 08h-21h				Pilates 09h15 (45')	Stretching 10h00 (45')	C.A.F. 10h45 (45')		Boxing* 12h30 (60')				Bodycombat 17h30 (45')	Pilates 18h30 (45')	Pole Dance* 19h15 (90')			
								RPM* 12h30 (45')				Hyrox* 17h30 (60')		RPM* 18h30 (45')			
Vendredi 08h-21h				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquawork* 12h30 (45')				Aquagym 17h30 (45')	Aquawork* 18h30 (45')	Aquabiking* 19h30 (45')			
Samedi 08h-17h					Bodybalance 10h15 (60')	Bodypump 11h15 (45')		Boxing* 12h15 (60')									
					Hyrox* 10h15 (60')			Cross Training* 12h15 (60')									
Samedi 08h-17h						RPM* 11h15 (45')											
					Aquabiking* 10h15 (45')	Aquawork* 11h15 (45')		Aquabiking* 12h15 (45')									
Dimanche 09h-14h					Bodypump 10h15 (45')			Stretching 12h15 (60')									
						RPM* 11h15 (45')											
Dimanche 09h-14h					Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h15 (45')									

* Cours sur réservation

Salle de cours	Zone Fonctionnelle	Studio Bike	Piscine	Extérieur
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Votre club sera exceptionnellement fermé le **samedi 15 août**.

Piscine fermée pour entretien annuel du 17 au 23 août. Cours aquatiques annulés.