

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					Pilates 09h15 (45')	Zumba 10h00 (45')	Stretching 10h45 (45')	C.A.F. 11h30 (45')					Bodycombat 17h15 (45')	C.A.F. 18h00 (45')	Yoga* 18h45 (45')	Bodypump 19h30 (45')							
								Bodyattack 12h30 (45')								Stretching* 19h45 (45')							
Mardi 08h-22h								RPM* 12h30 (45')						Grit* 18h00 (30')	Hyrox* 18h45 (45')	Cross Training* 19h45 (60')							
					Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')					RPM* 17h15 (45')	RPM* 18h15 (45')	Sprint* 19h15 (30')	RPM* 20h15 (45')							
Mercredi 08h-22h					Bodybalance 09h15 (45')	Bodypump 10h15 (45')	Pilates 11h15 (45')	C.A.F. 12h30 (45')					C.A.F. 17h15 (45')	Bodybalance 18h00 (45')	LesMills Core 18h45 (45')	Bodyattack 19h30 (45')	Zumba 20h30 (45')						
					Gym Soft* 09h15 (45')	Stretching* 10h15 (45')			Cross Training* 12h30 (60')					Pilates* 18h15 (45')			Pilates* 19h00 (45')						
Jeudi 08h-22h					Aquabiking* 09h15 (45')	Aquagym 10h15 (45')		Aquatonus 12h30 (45')				Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')								
						C.A.F. 10h15 (45')	Stretching 11h00 (45')	Zumba 12h30 (45')					Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodycombat 19h30 (45')	Bodybalance 20h30 (45')							
Vendredi 08h-21h								RPM* 12h30 (45')						Hyrox* 17h30 (45')	Grit* 18h30 (30')	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')								
Samedi 08h-17h					C.A.F. 09h15 (45')	Pilates 10h00 (45')	Yoga 10h45 (60')	Bodybalance 12h30 (45')					Pilates 17h30 (45')	Bodypump 18h30 (45')	Pole Dance* 19h30 (75')								
						Cross Training* 09h30 (60')			Hyrox* 12h30 (60')				Strength Dev.* 17h30 (45')	Cross Training* 18h30 (45')	Yoga* 19h15 (45')	C.A.F.* 20h15 (45')							
Dimanche 09h-14h					Bodycombat 09h15 (45')	Step 10h00 (45')	Pilates 10h45 (45')	Bodypump 12h30 (45')					Bodypump 17h15 (45')	C.A.F. 18h15 (45')	Bodybalance 19h15 (45')								
									RPM* 12h30 (45')				Cross Training* 17h15 (45')	Strength Dev.* 18h30 (45')	Pilates* 19h15 (45')								
					Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquadynamic 12h30 (45')				Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquagym 18h30 (45')									
* Cours sur réservation																							
		Salle de cours		Studio		Zone fonctionnelle		Studio Bike		Piscine													

* Cours sur réservation

Salle de cours	Studio	Zone fonctionnelle	Studio Bike	Piscine
----------------	--------	--------------------	-------------	---------

Votre club sera exceptionnellement fermé le **samedi 15 août**.

Piscine fermée pour entretien annuel du 10 au 16 août. Cours aquatiques annulés.