

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Tôt						
07h45 (45') Power Sculpt 08h15 (30') Energy Blast 08h45 (30') Stretching	07h45 (45') Body Pump 08h15 (45') Boxe & Bag	07h45 (45') Cycling 08h30 (15') Abdos Express 08h45 (30') Abdos Six-Pack	07h45 (60') Power Sculpt 08h15 (45') TRX Training 08h45 (30') Stretching	07h45 (60') Body Pump 08h15 (45') Cycling 08h45 (30') Stretching		
Matin						
09h00 (15') Abdos Express 09h15 (30') Abdos Six-Pack	09h00 (15') Abdos Express 09h15 (45') TRX Blast	09h15 (45') DISQ S. Outdoor 10h00 (60') Yoga (Hatha)	09h00 (15') Abdos Express 09h15 (45') Energy Blast	09h00 (15') Abdos Express 09h15 (45') Boxe & Bag 11h00 (60') Pilates sculpt	09h30 (60') Running Outdoor 09h30 (60') Power Sculpt 10h30 (60') Body Pump 11h00 (45') Cycling 11h30 (60') Body Attack	09h30 (60') Body Pump 09h30 (60') Running Outdoor 10h00 (45') Cycling 10h30 (60') Power Sculpt 11h00 (45') Cycling 11h30 (60') Body Combat
Midi						
12h15 (30') TRX Training 12h30 (45') Body Pump 13h00 (45') Cycling 13h15 (60') Yoga (Desikachar) 13h45 (30') Abdos Six-Pack	12h15 (45') GRIT Cardio 12h30 (45') Boxe & Rope 13h00 (45') Energy Blast 13h15 (60') Pilates sculpt 13h45 (30') Cycling	12h15 (45') TRX Blast 12h30 (45') Power Sculpt 13h00 (45') GRIT Force 13h15 (30') Abdos Fessiers 13h45 (30') Active Recovery	12h15 (45') GRIT Series 12h30 (45') Zumba Fitness 13h00 (30') Cycling 13h15 (60') Body Balance	12h15 (45') Cycling 12h30 (45') Pound 13h00 (45') TRX Training 13h15 (60') Body Pump	12h00 (45') GRIT Force 13h00 (60') Body Balance 13h30 (45') Boxe & Bag	12h00 (45') TRX Training 12h30 (30') Abdos Fessiers 13h00 (30') Stretching 13h00 (45') DISQ S. Outdoor 13h30 (60') Zumba Fitness
Après-midi						
17h30 (45') Power Sculpt	15h00 (60') Yoga (Desikachar) 17h30 (30') Abdos Fessiers	17h30 (60') Body Pump 17h30 (30') Abdos Six-Pack	14h30 (90') Tai Chi Chuan 17h30 (45') Power Sculpt	17h30 (60') Body Balance	14h00 (90') Yoga (Hatha) 14h30 (45') Urban Race 15h30 (45') Power S. Outdoor 16h00 (45') TRX Training 16h15 (15') Abdos Express 16h30 (30') Stretching	14h00 (45') Boxe & Bag 14h30 (60') Body Pump 15h00 (30') Active Recovery 15h30 (45') GRIT Series 16h00 (60') Sophrologie 16h30 (45') TRX Blast
Soir						
18h00 (45') Boxe & Bag 18h30 (60') Body Pump 18h45 (15') Abdos Express 19h00 (45') Cycling 19h30 (60') Zumba Fitness 20h00 (30') TRX Training 20h30 (60') Pilates sculpt 20h45 (30') Active Recovery	18h00 (60') Diet & Eat 18h00 (30') Stretching 18h30 (60') Body Balance 19h00 (45') TRX Blast 19h30 (60') Body Attack 19h45 (15') Abdos Express 20h00 (45') Cycling 20h30 (55') Body Pump	18h00 (45') GRIT Cardio 18h30 (45') Pound 18h45 (30') Abdos Express 19h00 (45') Cycling 19h30 (45') Boxe & Rope 20h00 (45') Boxe & Bag 20h30 (60') Yoga (Hatha) 21h00 (30') TRX Blast	18h00 (45') TRX Training 18h30 (60') Body Pump 18h45 (15') Abdos Express 19h00 (45') GRIT Series 19h30 (60') Body Combat 19h45 (15') Abdos Express 20h00 (30') Cycling 20h30 (30') Stretching	18h00 (45') Cycling 18h30 (45') Power Sculpt 19h00 (45') Energy Blast 19h30 (60') Body Pump 20h00 (45') TRX Blast 20h30 (60') Freestyle Jazz		Arrêt des activités 30 min avant la fermeture du club
						Training Cardio Danse Force Mouvement Tendance