

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Tôt						
07h45 (60') Power Sculpt	07h45 (60') Body Attack	07h45 (60') Body Pump	07h45 (60') Spartan Ready 08h30 (45') Aqua Crunch	07h45 (60') Body Balance	08h30 (60') Power Sculpt	
Matin						
09h00 (45') Stretching 10h00 (45') CAF 10h30 (45') Aqua Palming ⁱ 11h00 (60') Body Pump	09h00 (60') Basic Forme 09h30 (45') Aqua Fitness 10h00 (45') Stretching 11h30 (45') Aqua Jogging	09h00 (45') CAF 10h00 (60') Basic Forme 11h00 (45') Aqua Crunch 11h00 (60') Yoga (Hatha)	09h00 (60') Basic Forme 09h30 (45') TRX Blast 10h00 (45') Aqua Fitness 10h00 (45') Stretching 10h30 (60') Pilates sculpt 11h00 (60') Body Pump	09h00 (45') Stretching 10h00 (45') CAF 10h30 (45') Aqua Crunch 11h00 (60') Qi Gong	09h00 (45') TRX Blast 09h30 (60') Stretching 10h00 (45') Aqua Fitness 10h00 (60') Freestyle Jazz 10h30 (30') Abdos Fessiers 11h00 (30') Cx Worx 11h00 (60') Body Attack 11h30 (45') Power Sculpt	09h30 (60') Power Sculpt 09h30 (30') Cx Worx 10h00 (60') Boxe & Rope 10h00 (45') Aqua Fitness 10h30 (45') Stretching 11h00 (45') CAF 11h30 (60') Body Pump
Midi						
12h00 (60') Body Combat 12h00 (30') Abdos Fessiers 12h30 (45') TRX Blast 12h30 (45') Aqua Fitness 13h00 (60') Spartan Ready 13h30 (45') Stretching	12h00 (60') Power Sculpt 12h00 (30') Cx Worx 12h30 (60') Zumba Fitness 13h00 (60') Body Balance 13h30 (30') Abdos Fessiers	12h00 (60') Body Pump 12h00 (30') Cx Worx 12h30 (45') Power Sculpt 12h30 (45') Aqua Punching 13h00 (60') Body Attack 13h15 (15') Abdos Express 13h30 (45') Stretching	12h00 (45') CAF 12h30 (45') Aqua Zumba 12h30 (60') Body Attack 13h00 (45') Stretching	12h00 (60') Body Balance 12h30 (45') Aqua Jogging 12h30 (60') Body Pump 13h00 (45') Power Sculpt 13h30 (60') Body Combat 13h45 (15') Abdos Express	12h00 (45') Aqua Punching 12h00 (60') Body Pump 12h15 (15') Abdos Express 12h30 (60') Strala Yoga 13h00 (60') Body Attack	12h00 (45') Aqua Slim 12h00 (30') Stretching 12h30 (30') Abdos Fessiers 12h30 (60') Body Attack 13h00 (60') Zumba Fitness
Arrêt des activités 30 min avant la fermeture du club						
d Débutant i Intermédiaire a Avancé						
Cardio Danse Force Mouvement Piscine Tendence						

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Après-midi						
14h30 (60') Basic Forme	14h30 (60') Basic Forme	14h30 (45') CAF	15h30 (60') Body Pump	14h00 (60') Diet & Train	14h00 (60') Sexy Bad Girl	14h00 (60') Body Combat
15h30 (60') Pilates sculpt	15h30 (45') Stretching	15h00 (60') Hip Hop	16h00 (45') CAF	15h00 (60') Basic Forme	15h00 (60') Body Pump	14h30 (45') Power Sculpt
15h30 (30') Abdos Fessiers	17h00 (45') TRX Blast	16h00 (90') Danse Orientale	16h30 (45') Stretching	16h00 (90') Danse Orientale	15h00 (30') Abdos Fessiers	15h00 (60') Body Balance
16h00 (45') Stretching	17h30 (60') Spartan Ready	16h00 (45') TRX Blast	17h00 (45') TRX Blast	17h00 (45') CAF	15h30 (45') Spartan Ready	15h15 (15') Abdos Express
17h00 (30') Cx Worx		17h00 (60') Power Sculpt	17h30 (45') Aqua Palming ⁱ	17h00 (45') Aqua Fitness	15h30 (45') Aqua Slim	15h30 (45') Aqua Punching
17h00 (45') TRX Blast		17h30 (45') Aqua Fitness	17h30 (45') CAF	17h30 (60') Body Balance	16h00 (60') Body Jam	15h30 (30') L.I.A. ^d
17h30 (60') Silver Tonic					16h15 (15') Abdos Express	16h00 (30') Step ^d
					16h30 (45') CAF	16h00 (45') TRX Blast
					17h00 (45') Step ⁱ	16h45 (45') Aqua Palming
					17h30 (60') Body Balance	17h00 (45') CAF
					17h45 (45') L.I.A. ⁱ	17h30 (60') Body Pump
Soir						
18h00 (60') Body Balance	18h00 (45') CAF	18h00 (60') Stretching	18h00 (60') Body Balance	18h00 (45') TRX Blast		
18h00 (45') Aqua Punching	18h00 (45') Aqua Punching	18h00 (30') Cx Worx	18h30 (60') Body Pump	18h30 (60') Step ^a		
18h30 (60') Zumba Fitness	18h30 (60') Body Attack	18h30 (60') Body Jam	19h00 (60') Power Sculpt	19h00 (45') Boxe & Rope		
19h00 (45') Power Sculpt	18h45 (15') Abdos Express	19h00 (60') Strala Yoga	19h30 (45') Aqua Jogging	19h30 (60') L.I.A. ^a		
19h30 (45') Aqua Slim	19h00 (60') Power Sculpt	19h30 (60') Body Pump	19h30 (30') Step ^d	19h30 (45') Aqua Slim		
19h30 (60') Body Combat	19h30 (60') Body Pump	19h30 (45') Aqua Punching	20h00 (30') Cx Worx	19h45 (15') Abdos Express		
19h45 (15') Abdos Express	20h00 (30') Cx Worx	20h00 (30') Abdos Fessiers	20h00 (60') Body Attack	20h00 (75') Yoga (Hatha)		
20h00 (75') Yoga (Hatha)	20h00 (45') Aqua Fitness	20h30 (60') Zumba Fitness	20h30 (45') Stretching	20h30 (60') Body Pump		
20h30 (60') Body Pump	20h30 (60') Body Combat	20h30 (45') TRX Blast				
	20h30 (60') Hip Hop					

Arrêt des activités 30 min
avant la fermeture du club

d Débutant
i Intermédiaire
a Avancé

- Cardio
- Danse
- Force
- Mouvement
- Piscine
- Tendence