

PLANNING DES COURS COLLECTIFS

		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 08h15 (60')	Bodysculpt 09h15 (45')		CX Worx 10h15 (30')	Bodybalance 10h45 (60')			Bodypump 12h30 (60')			C.A.F 14h15 (45')		Yoga Énergie 16h00 (60')	Grit Force 17h00 (30')	Bodyattack 17h30 (60')	Bodypump 18h30 (60')	Zumba 19h30 (60')	Boxing* 20h30 (60')						
				RPM* 09h15 (45')						RPM* 12h30 (45')					RPM* 17h30 (45')		RPM* 18h30 (45')	Sprint* 19h30 (45')								
							Wellcircuit 11h30 (45')			Cross Training* 12h30 (60')							Cross Training* 19h30 (60')	Cross Training* 19h30 (60')	Total Recup* 20h30 (45')							
			Aquadynamic 09h15 (45')		Aquabiking* 10h15 (45')		Aquabiking* 11h15 (45')			Aquabiking* 12h30 (45')			Aquagym 15h00 (45')				Aquagym 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')						
Mardi 07h-22h			Bodysculpt 08h30 (45')	Zumba 09h15 (45')	A.F 10h00 (30')	Stretching 10h30 (45')				CX Worx 12h00 (30')	Bodycombat 12h30 (60')			Pilates 14h00 (60')	Bodybalance 15h00 (60')	CX Worx 16h00 (30')	Boxing* 16h30 (60')	Bodypump 17h30 (60')	Bodyattack 18h30 (60')	Bodyjam 19h30 (60')	Bodybalance 20h30 (45')					
					RPM* 10h00 (45')					Sprint* 12h30 (30')								Sprint* 17h30 (45')	RPM* 18h30 (45')	RPM* 19h30 (45')						
																		Cross Training* 17h30 (60')	Cross Training* 18h30 (60')	Cross Training* 19h30 (60')						
			Aquabiking* 09h15 (45')			Aquagym 10h15 (45')				Aquadynamic 12h30 (45')								Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Aquabiking* 20h30 (45')					
Mercredi 07h-22h				Bodypump 09h15 (60')	Yoga Anti-stress 10h15 (60')					Pilates 12h30 (60')					Bodysculpt 15h00 (45')	Danse Orientale 16h00 (60')		Boxing* 17h30 (60')	Sh'Bam 18h30 (45')	CX Worx 19h15 (30')	Bodybalance 19h45 (45')	Pole Dance* 20h30 (75')				
										RPM* 12h30 (45')									Sprint* 18h30 (45')		RPM* 19h30 (45')					
																			Cross Training* 18h30 (60')	Cross Training* 19h30 (60')	Cross Training* 19h30 (60')	Cross Training* 20h30 (60')				
			Aquagym 09h15 (45')			Aquabiking* 10h15 (45')				Aquabiking* 12h30 (45')								Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')						
Jeudi 07h-22h				A.F 09h15 (30')	Bodysculpt 09h45 (45')	Pilates 10h30 (60')				A.F 12h30 (30')	Grit Cardio 13h00 (30')				Yoga Anti-stress 15h00 (60')			Grit Plyo 17h00 (30')	Bodybalance 17h30 (60')	Bodycombat 18h30 (60')	Bodypump 19h30 (60')	Grit Cardio 20h30 (30')				
				RPM* 09h15 (45')																RPM* 18h30 (45')	Sprint* 19h30 (45')					
							Wellcircuit 10h30 (45')	Total Recup* 11h30 (45')			Cross Training* 12h30 (60')									Cross Training* 18h30 (60')	Cross Training* 19h30 (60')	Total Recup* 20h30 (45')				
			Aquabiking* 09h15 (45')			Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')			Aquagym 12h30 (45')					Aquabiking* 15h00 (45')			Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')						
Vendredi 07h-22h				Yoga Énergie 08h45 (60')	CX Worx 09h45 (30')	Bodypump 10h30 (60')				Bodybalance 12h30 (60')					Bodysculpt 15h00 (60')	Pole Dance* 16h00 (90')		Bodysculpt 17h30 (60')	Step 18h30 (60')	L.I.A 19h30 (60')	Stretching 20h30 (60')					
						RPM* 10h30 (45')				RPM* 12h30 (45')									Sprint* 18h30 (45')	RPM* 19h30 (45')						
																			Cross Training* 18h30 (60')	Cross Training* 18h30 (60')						
			Aquadynamic 09h15 (45')			Aquabiking* 10h15 (45')				Aquabiking* 12h30 (45')								Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')						
Samedi 09h-20h				Pilates 09h00 (60')	Bodypump 10h00 (60')	CX Worx 11h00 (30')	Boxing* 11h30 (60')									Bodysculpt 15h45 (45')	Stretching 16h30 (45')									
					Sprint* 10h00 (45')		RPM* 11h00 (45')									RPM* 15h00 (45')										
					Aquadynamic 10h00 (45')		Aquabiking* 11h00 (45')		Aquabiking* 12h00 (45')																	
Dimanche 09h-17h					Bodybalance 10h00 (60')	Bodypump 11h00 (60')	CX Worx 12h00 (30')																			
					RPM* 10h00 (45')		Sprint* 11h00 (45')																			
					Aquabiking* 10h00 (45')		Aquagym 11h00 (45')		Aquabiking* 12h00 (45')																	
																			* Cours sur réservation							
																			Salle de cours		Plateau		RPM		Piscine	