

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 (45')	Bodysculpt 09h15 (45')		LesMills Core 10h15 (45')	Bodybalance 11h00 (60')			Bodypump 12h30 (60')			C.A.F. 14h15 (45')		Yoga Energie 15h30 (60')		Grit 17h00 (30')	Bodyattack 17h30 (45')	Bodypump 18h30 (45')	Zumba 19h30 (45')	Boxing* 20h30 (60')
				RPM* 09h15 (45')						RPM* 12h30 (45')								RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')	RPM* 20h30 (45')
										Cross Training* 12h30 (60')								Well3D* 17h30 (45')	Cross Training* 18h30 (45')	Strength Development* 19h30 (45')	Cross Training* 20h30 (60')
Mardi 07h-22h																					
Mercredi 07h-22h																					
Jeudi 07h-22h																					
Vendredi 07h-22h																					
Samedi 08h-20h																					
Dimanche 08h-17h																					

* Cours sur réservation

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Salle de cours	Zone fonctionnelle	Studio Bike	Extérieur	Piscine
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