

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 08h30 (45')	Bodysculpt 09h15 (45')	Bodybalance 10h00 (60')		Bodypump 12h30 (60')			C.A.F. 15h00 (45')	Stretching 15h45 (45')	Pilates 16h30 (45')	Bodypump 17h30 (45')	Bodyattack 18h30 (45')	Bodyjam 19h30 (45')	Stretching 20h30 (45')
					RPM* 10h15 (45')		Hyrox* 12h30 (60')				Hyrox* 16h00 (60')		Cross Training* 17h30 (45')	Hyrox* 18h30 (45')	Cross Training* 19h30 (60')	
				Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')						RPM* 17h30 (45')	Sprint* 18h30 (45')	RPM* 19h30 (45')	Aquagym 20h30 (45')
													Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	
Mardi 07h-22h			Yoga Energie 09h15 (45')	Bodypump 10h15 (45')	Stretching 11h15 (45')		Bodyattack 12h30 (60')		Pole Dance* 15h00 (90')		Bodypump 16h45 (45')	Bodybalance 17h30 (45')	Zumba 18h30 (45')	LesMills Core 19h30 (30')	Bodycombat 20h00 (60')	
							Cross Training* 12h30 (60')					Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Hyrox* 19h30 (60')		
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquadynamic 12h30 (45')					Sprint* 17h30 (45')	RPM* 18h30 (45')	RPM* 19h30 (45')		
												Aquawork* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Aquabiking* 20h30 (45')	
Mercredi 07h-22h			Stretching 09h15 (45')	Zumba 10h00 (45')	A.F. 10h45 (45')		Bodybalance 12h30 (60')				LesMills Core 16h45 (45')	Bodyattack 17h30 (45')	Bodypump 18h30 (45')	Boxing* 19h30 (45')	Afro Move 20h30 (60')	
							Cross Training* 12h30 (60')		Hyrox* 15h00 (60')			Cross Training* 17h30 (60')		Cross Training* 19h30 (60')		
							RPM* 12h30 (45')					RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')		
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquawork* 11h15 (45')	Aquabiking* 12h30 (45')						Aquagym 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquawork* 20h30 (45')
Jeudi 07h-22h			C.A.F. 09h15 (45')	Pilates 10h00 (45')	Yoga Anti-stress 10h45 (60')		Bodysculpt 12h30 (60')		Pilates 15h00 (60')			Boxing* 17h00 (45')	L.I.A. 18h00 (45')	Step 18h45 (45')	Bodypump 19h30 (45')	Yoga Anti-stress 20h30 (60')
												Hyrox* 17h30 (45')	Cross Training* 18h30 (45')	Cross Training* 19h30 (60')		
					RPM* 10h15 (45')							RPM* 17h30 (45')	Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Aquawork* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')	Aquabiking* 12h30 (45')				Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquawork* 18h30 (45')	Aquadynamic 19h30 (45')		
Vendredi 07h-22h			Pilates 09h15 (45')	LesMills Dance 10h00 (45')	C.A.F. 10h45 (45')		Boxing* 12h30 (60')				Yoga Antistress 16h30 (45')	Bodypump 17h30 (45')	Bodycombat 18h30 (45')	Pilates 19h30 (45')	Pole Dance* 20h15 (90')	
									Cross Training* 15h00 (60')			Cross Training* 17h30 (60')				
							RPM* 12h30 (45')						RPM* 18h30 (45')			
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquawork* 12h30 (45')				Aquabiking* 16h30 (45')	Aquagym 17h30 (45')	Aquawork* 18h30 (45')	Aquabiking* 19h30 (45')		
Samedi 08h-20h			Danse Classique 09h15 (45')	Bodybalance 10h15 (45')	Bodypump 11h15 (45')		Boxing* 12h15 (60')		Pole Dance* 15h00 (90')		C.A.F. 16h30 (45')	Stretching 17h15 (45')				
				Hyrox* 10h15 (60')			Cross Training* 12h15 (60')									
						RPM* 11h15 (45')										
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquawork* 11h15 (45')	Aquabiking* 12h15 (45')									
Dimanche 08h-17h			Pilates 09h15 (45')	Bodypump 10h15 (45')	Bodycombat 11h15 (45')		Stretching 12h15 (45')									
				RPM* 10h15 (45')	Sprint* 11h15 (45')											
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')									
	* Cours sur réservation															
	Salle de cours			Zone fonctionnelle		Studio Bike		Piscine		Extérieur						