

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') Hyrox* 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')		RPM* 12h30 (45')			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')					Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquagym 20h30 (45')				
Mardi 07h-22h				Yoga Energie 09h15 (45')	Bodypump 10h15 (45')	Stretching 11h15 (45')	Bodyattack 12h30 (60') Cross Training* 12h30 (60') Sprint* 12h30 (45')		Pole Dance* 15h00 (90')		Bodypump 16h45 (45')	Bodybalance 17h30 (45')	Zumba 18h30 (45')	Bodycombat 19h30 (45')	LesMills Core 20h30 (30')				
												Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Hyrox* 19h30 (60')					
			Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquadynamic 12h30 (45')				Aquadynamic 16h30 (45')	Aquawork* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')					
Mercredi 07h-22h			Stretching 09h15 (45')	Zumba 10h00 (45')	A.F. 10h45 (45')		Bodybalance 12h30 (60') Hyrox* 12h30 (60') RPM* 12h30 (45')		Hyrox* 15h00 (60')			LesMills Core 16h45 (45')	Bodyattack 17h30 (45')	Bodypump 17h30 (45')	Boxing* 19h30 (45')	Afro Move 20h30 (60')			
												Cross Training* 17h30 (60')	Hyrox* 18h30 (45')	Cross Training* 19h30 (60')					
			Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquawork* 11h15 (45')		Aquabiking* 12h30 (45')						RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')				
												Aquagym 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquawork* 20h30 (45')				
													Wellrun* 18h30 (60')						
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')					
							Wellrun* 12h30 (60')												
Vendredi 07h-22h			Pilates 09h15 (45')	LesMills Dance 10h00 (45')	C.A.F. 10h45 (45')		Boxing* 12h30 (60') Cross Training* 12h30 (60') RPM* 12h30 (45')		Cross Training* 15h00 (60')			Yoga anti-stress 16h30 (45')	Bodypump 17h30 (45')	Bodycombat 18h30 (45')	Pilates 19h30 (45')	Pole Dance* 20h15 (90')			
												Hyrox* 17h30 (60')			Hyrox* 19h30 (60')				
			Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquawork* 12h30 (45')				Aquabiking* 16h30 (45')	Aquagym 17h30 (45')	RPM* 18h30 (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							