

PLANNING DES COURS COLLECTIFS

		MATIN					MIDI					APRÈS-MIDI					SOIR				
		6h30	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h			
Lundi 6h30-22h			Pilates 07h00 (60')	Bodypump 08h15 (45')	Yoga Anti-stress 09h15 (60')	TBC 10h15 (60')		Abdos 12h00 (30')	Bodypump 12h30 (60')			Bodysculpt 15h00 (45')		Bodybalance 16h30 (45')	Boxing * 17h15 (45')	HIIT 18h00 (30')	Bodyjam 18h30 (60')	Bodypump 19h30 (60')	Stretching 20h30 (45')		
									Sprint * 12h30 (30')						RPM * 18h30 (45')		Sprint * 19h30 (30')				
Mardi 6h30-22h					Pilates 09h15 (60')	Zumba 10h15 (60')		HIIT 12h00 (30')	BodyART 12h30 (60')					Abdos 16h30 (30')	Yoga Energie 17h00 (45')	Bodypump 17h45 (45')	Bodycombat 18h30 (60')	Bodybalance 19h30 (60')	Pole Dance * 20h30 (60')		
			RPM * 07h00 (45')						RPM * 12h30 (45')								Sprint * 18h30 (30')		RPM * 19h30 (45')		
Mercredi 6h30-22h			Yoga Energie 07h00 (60')			Bodypump 09h15 (60')	Gym Soft 10h15 (60')	Abdos 12h00 (30')	Bodybalance 12h30 (60')			Yoga Anti-Stress 15h00 (45')		Pole Dance * 16h30 (60')	Bodypump 17h30 (60')	Bodyattack 18h30 (60')	Boxing * 19h30 (60')	Bodybalance 20h30 (45')			
									RPM * 12h30 (45')								RPM * 18h30 (45')		Sprint * 19h30 (30')		
Jeudi 6h30-22h			Bodypump 07h00 (60')			TBC 09h15 (60')	Yoga Anti-stress 10h15 (60')	HIIT 12h00 (30')	Boxing * 12h30 (60')					Pilates 16h30 (45')	C.A.F. 17h15 (45')	BodyART 18h00 (60')	Abdos 19h00 (30')	Bodypump 19h30 (60')	Pilates 20h30 (45')		
									RPM * 12h30 (45')							RPM * 17h30 (45')	Sprint * 18h30 (30')		RPM * 19h30 (45')		
Vendredi 6h30-22h			C.A.F. 07h00 (45')	Pilates 08h15 (45')		Bodybalance 09h15 (60')	Bodypump 10h15 (60')	Abdos 12h00 (30')	Yoga Energie 12h30 (60')			Bodypump 15h30 (45')		Gym Soft 16h30 (45')	Cross Training 17h15 (45')	Bodybalance 18h00 (60')	Pole Dance * 19h00 (60')	Abdos 20h00 (30')			
						RPM * 09h15 (45')			Sprint * 12h30 (30')								RPM * 18h00 (45')	Sprint * 19h00 (30')			
Samedi 8h-20h					Bodypump 09h15 (60')	Zumba 10h15 (60')	Bodysculpt 11h15 (60')	Pilates 12h15 (60')			Bodypump 14h00 (60')		Boxing * 16h00 (60')								
						RPM * 10h15 (45')					RPM * 15h00 (45')										
Dimanche 9h-20h					Pilates 09h15 (60')	Bodypump 10h15 (60')		Yoga Energie 11h30 (60')				Bodypump 15h00 (60')									
					Sprint * 09h15 (30')			RPM * 11h30 (45')			RPM * 14h00 (45')										

Sous réserve de modification ou annulation pendant les vacances scolaires

Studio	RPM
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*Cours sur réservation