

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		Yoga Énergie 07h30 (60')				Bodypump 09h15 (45')		Bodybalance 10h15 (45')		C.A.F. 11h15 (45')			Boxing* 12h30 (60')			Pilates 14h00 (60')		Stretching 15h00 (45')				Bodypump 17h30 (45')		Bodyjam 18h30 (45')		Bodyattack 19h30 (45')		Pole Dance* 20h30 (75')						
								RPM* 10h15 (45')					Cross Training* 12h30 (60')									RPM* 17h30 (45')		RPM* 18h30 (45')		Sprint* 19h30 (45')								
													Aquabiking* 12h30 (45')									Cross Training* 17h30 (45')		Hyrox* 18h30 (45')		Cross Training* 19h30 (60')								
							Aquagym 09h15 (45')	Aquabiking* 10h15 (45')		Aquadynamic 11h15 (45')			Aquabiking* 12h30 (45')										Aquawork 17h30 (45')		Aquadynamic 18h30 (45')		Aquabiking* 19h30 (45')		Aquabiking* 20h30 (45')					
Mardi 07h-22h		RPM* 07h30 (45')			Cross Training* 08h15 (45')			Bodybalance 09h15 (45')		A.F. 10h00 (30')		Stretching 10h30 (45')				LesMills Core 12h00 (30')		Bodypump 12h30 (45')		Bodybalance 13h15 (30')				Bodysculpt 15h00 (45')			Pilates 17h30 (45')		Bodypump 18h30 (45')		L.I.A. 19h30 (45')		Boxing* 20h30 (60')	
													RPM* 12h30 (45')												RPM* 18h30 (45')		RPM* 19h30 (45')		Sprint* 20h30 (45')					
													Hyrox* 12h30 (45')												Cross Training* 18h30 (45')		Hyrox* 19h30 (45')		Cross Training* 20h30 (60')					
							Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')		Aquagym 11h15 (45')			Aquawork 12h30 (45')				Aquabiking* 15h00 (45')						Aquagym 17h30 (45')		Aquabiking* 18h30 (45')		Aquadynamic 19h30 (45')		Aquabiking* 20h30 (45')					
Mercredi 07h-22h						Pilates 09h15 (45')		Yoga anti-stress 10h15 (60')					Grit Cardio 12h30 (30')		LesMills Core 13h00 (30')			C.A.F. 14h30 (45')		Stretching 15h15 (45')		Pole Dance* 16h00 (75')			Bodysculpt 17h30 (45')		Bodycombat 18h30 (45')		Bodypump 19h30 (45')		Bodyjam 20h30 (60')			
								RPM* 10h15 (45')					Cross Training* 11h30 (45')		Cross Training* 12h30 (60')										Hyrox* 17h30 (45')		Cross Training* 18h30 (45')		Cross Training* 19h30 (60')					
							Aquagym 09h15 (45')	Aquadynamic 10h15 (45')		Aquabiking* 11h15 (45')			Aquabiking* 12h30 (45')											Aquadynamic 17h30 (45')		Aquawork 18h30 (45')		Aquabiking* 19h30 (45')		Aquabiking* 20h30 (45')				
							Pilates 08h15 (45')		Bodysculpt 09h15 (45')		Stretching 10h15 (45')		C.A.F. 11h00 (45')			Pilates 12h30 (60')									Boxing* 17h30 (45')		Bodyattack 18h30 (45')		Step 19h30 (45')		Bodybalance 20h30 (60')			
Jeudi 07h-22h													RPM* 12h30 (45')		Hyrox* 12h30 (60')					Cross Training* 15h00 (60')							Sprint* 18h30 (45')		RPM* 19h30 (45')					
													Aquawork 12h30 (45')					Aquabiking* 15h00 (45')								Aquabiking* 17h30 (45')		Aquadynamic 18h30 (45')		Aquawork 19h30 (45')		Aquabiking* 20h30 (45')		
			Aquadynamic 08h15 (45')				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')																	Aquabiking* 17h30 (45')		Aquadynamic 18h30 (45')		Aquawork 19h30 (45')		Aquabiking* 20h30 (45')			
							Yoga anti-stress 09h15 (45')		C.A.F. 10h15 (45')		Pilates 11h15 (60')			Bodybalance 12h30 (60')					Bodysculpt 15h00 (60')						Yoga Énergie 17h30 (45')		Bodypump 18h30 (45')		Bodycombat 19h30 (45')		Stretching 20h30 (60')			
Vendredi 07h-22h		Cross Training* 07h30 (45')											RPM* 12h30 (45')		Cross Training* 12h30 (60')										Cross Training* 17h30 (45')		Hyrox* 18h30 (45')		Cross Training* 19h30 (60')					
							Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')		Aquagym 11h15 (45')			Aquabiking* 12h30 (45')					Aquawork 16h30 (45')						Aquawork 17h30 (45')		Aquadynamic 18h30 (45')		Aquabiking* 19h30 (45')		Aquabiking* 20h30 (45')				
							Bodybalance 09h00 (45')		Bodypump 10h00 (45')		Boxing* 11h00 (45')		LesMills Core 12h00 (45')							Bodysculpt 16h00 (45')		Stretching 16h45 (45')		Pole Dance* 17h30 (90')										
									Sprint* 10h00 (45')		RPM* 11h00 (45')					Cross Training* 11h00 (45')					Cross Training* 14h00 (45')													
Samedi 08h-20h																																		
Dimanche 08h-17h																																		
																								* Cours sur réservation										
		Salle de cours		Zone fonctionnelle		Studio Bike																												