

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')	Bodybalance 10h15 (45')	C.A.F. 11h15 (45')	Bodypump 12h30 (60')		Pilates 14h30 (60')			Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodyattack 19h30 (45')	Bodybalance 20h30 (60')	
						RPM* 10h15 (45')		Cross Training* 12h30 (60')			RPM* 15h30 (45')		Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Cross Training* 19h30 (60')		
			Aquawork 09h15 (45')	Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		Wellrun* 12h30 (60')			Aquadynamic 15h00 (45')		Aquawork 17h30 (45')	Aquadynamic 19h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Mardi	07h-22h			Bodysculpt 08h30 (45')	A.F. 09h15 (30')	Zumba 09h45 (45')	Stretching 10h30 (45')	LesMills Core 12h00 (30')	Pilates 12h30 (60')				LesMills Core 17h30 (45')	Bodycombat 18h30 (45')	Bodybalance 19h30 (45')	Boxing* 20h30 (60')	
					Aquabiking* 09h15 (45')		Aquadynamic 10h15 (45')		RPM* 12h30 (45')					RPM* 18h30 (45')	Cross Training* 19h30 (45')	Cross Training* 19h30 (45')	Cross Training* 20h30 (60')
					Aquabiking* 09h15 (45')		Aquadynamic 10h15 (45')		Aquawork 12h30 (45')			Aquabiking* 15h00 (45')		Aquagym 18h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Aquawork 20h30 (45')
Mercredi	07h-22h		Yoga Energie 07h30 (60')		Pilates 09h15 (45')	Yoga anti-stress 10h15 (45')	Bodysculpt 11h15 (45')	LesMills Core 12h30 (45')									
								Cross Training* 12h30 (60')									
						RPM* 10h15 (45')											
Jeudi	07h-22h																
Vendredi	07h-22h																
Samedi	08h-20h																
Dimanche	08h-17h																

* Cours sur réservation

Salle de cours

Plateau

Studio Bike

Piscine