

# 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<br>07h-22h    |    |                             | Pilates<br>08h15 (45')         | Bodysculpt<br>09h15 (45')       | Bodybalance<br>10h15 (45') | C.A.F.<br>11h15 (45')           |                                |                            | Bodypump<br>12h30 (60')      |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                |                                 | RPM*<br>10h15 (45')        |                                 |                                |                            | Hyrox*<br>12h30 (60')        |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             | Aquawork<br>08h30 (45')        | Aquagym<br>09h30 (45')          | Aquabiking*<br>10h30 (45') | Aquadynamic<br>11h30 (45')      | Aquabiking*<br>12h30 (45')     | Wellrun*<br>12h30 (60')    |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
| Mardi<br>07h-22h    |    |                             | Bodysculpt<br>08h30 (45')      | A.F.<br>09h15 (30')             | Zumba<br>09h45 (45')       | Stretching<br>10h30 (45')       |                                |                            | LesMills Core<br>12h00 (30') | Pilates<br>12h30 (60')         |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                |                                 |                            |                                 |                                |                            |                              | RPM*<br>12h30 (45')            |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                | Aquabiking*<br>09h30 (45')      | Aquadynamic<br>10h30 (45') | Aquabiking*<br>11h30 (45')      | Aquawork<br>12h30 (45')        |                            |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
| Mercredi<br>07h-22h |    | Yoga Energie<br>07h30 (60') |                                |                                 | Pilates<br>09h15 (45')     | Yoga anti-stress<br>10h15 (45') | Bodysculpt<br>11h15 (45')      |                            |                              | LesMills Core<br>12h30 (45')   |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                |                                 |                            | RPM*<br>10h15 (45')             |                                |                            |                              | Cross Training*<br>12h30 (60') |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                | Aquagym<br>09h30 (45')          | Aquabiking*<br>10h30 (45') | Aquawork<br>11h30 (45')         | Aquabiking*<br>12h30 (45')     |                            |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
| Jeudi<br>07h-22h    |    |                             |                                | Bodypump<br>09h15 (45')         | Stretching<br>10h15 (45')  | LesMills Core<br>11h15 (45')    |                                |                            | Boxing*<br>12h30 (60')       |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             | Cross Training*<br>08h15 (45') |                                 |                            |                                 |                                |                            | RPM*<br>12h30 (45')          | Cross Training*<br>12h30 (60') |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                | Aquagym<br>09h30 (45')          | Aquabiking*<br>10h30 (45') | Aquabiking*<br>10h30 (45')      | Aquadynamic<br>11h30 (45')     | Aquawork<br>12h30 (45')    |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
| Vendredi<br>07h-22h |    |                             |                                | Yoga anti-stress<br>09h15 (45') | C.A.F.<br>10h15 (45')      | Zumba<br>11h15 (60')            |                                |                            | Bodybalance<br>12h30 (60')   |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                |                                 |                            |                                 |                                |                            |                              | Sprint*<br>12h30 (45')         |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                | Aquagym<br>08h30 (45')          | Aquadynamic<br>09h30 (45') | Aquabiking*<br>10h30 (45')      | Aquawork<br>11h30 (45')        | Aquabiking*<br>12h30 (45') |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
| Samedi<br>08h-20h   |    |                             |                                | Bodybalance<br>09h00 (45')      | Boxing*<br>10h00 (45')     | Bodypump<br>11h00 (45')         | Stretching<br>12h00 (45')      |                            |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                |                                 |                            |                                 | Cross Training*<br>12h00 (60') |                            |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                | Aquawork<br>09h00 (45')         | Aquadynamic<br>10h00 (45') | Sprint*<br>10h00 (45')          | RPM*<br>11h00 (45')            | Aquabiking*<br>12h00 (45') |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
| Dimanche<br>08h-17h |    |                             |                                | Pilates<br>09h00 (45')          | Bodypump<br>10h00 (45')    | Bodybalance<br>11h00 (45')      | LesMills Core<br>12h00 (45')   |                            |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                | Hyrox*<br>09h00 (45')           |                            |                                 |                                |                            |                              |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                | Aquabiking*<br>09h00 (45')      | RPM*<br>10h00 (45')        | Aquawork<br>10h00 (45')         | Sprint*<br>11h00 (45')         | Aquadynamic<br>11h00 (45') | Aquabiking*<br>12h00 (45')   |                                |     |     |     |     |      |                                                              |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                |                                 |                            |                                 |                                |                            |                              |                                |     |     |     |     |      | * Cours sur réservation                                      |  |  |  |            |  |             |  |         |      |  |  |  |  |
|                     |    |                             |                                |                                 |                            |                                 |                                |                            |                              |                                |     |     |     |     |      | Salle de cours                                               |  |  |  | Plateau    |  | Studio Bike |  | Piscine |      |  |  |  |  |
|                     |    |                             |                                |                                 |                            |                                 |                                |                            |                              |                                |     |     |     |     |      | À NOTER : les cours d'Hyrox seront lancés très prochainement |  |  |  |            |  |             |  |         |      |  |  |  |  |

\* Cours sur réservation

|                |         |             |         |
|----------------|---------|-------------|---------|
| Salle de cours | Plateau | Studio Bike | Piscine |
|----------------|---------|-------------|---------|

À NOTER : les cours d'Hyrox seront lancés très prochainement.  
Ils sont temporairement remplacés par des cours de Cross Training.