

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 (45')	Pole Dance* 15h30 (90')		Stretching 17h00 (30')	Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodyattack 19h30 (45')	Bodybalance 20h30 (60')
					RPM* 10h15 (45')								RPM* 15h30 (45')			Hyrox* 17h30 (45')	Cross Training* 18h30 (45')	Cross Training* 19h30 (60')	
																	Sprint* 18h30 (45')	RPM* 19h30 (45')	
			Aquawork 08h30 (45')	Aquagym 09h30 (45')	Aquabiking* 10h30 (45')	Aquadynamic 11h30 (45')													
Mardi 07h-22h			Bodysculpt 08h30 (45')	A.F. 09h15 (30')	Zumba 09h45 (45')	Stretching 10h30 (45')			LesMills Core 12h00 (30')	Pilates 12h30 (60')									
Mercredi 07h-22h		Yoga Energie 07h30 (60')																	
Jeudi 07h-22h																			
Vendredi 07h-22h																			
Samedi 08h-20h																			
Dimanche 08h-17h																			

* Cours sur réservation

Salle de cours	Plateau	Studio Bike	Piscine
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