

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 09h15 (45')	Stretching 10h15 (60')		Bodypump 12h30 (60')			Bodysculpt 15h00 (60')		LesMills Core 17h30 (45')	Bodypump 18h30 (45')	Bodyattack 19h30 (45')	Bodybalance 20h30 (60')	
			Hyrox* 07h30 (45')			RPM* 10h15 (45')		RPM* 12h30 (45')						RPM* 18h30 (45')	RPM* 19h30 (45')		
Mardi	07h-22h				Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')	Aquawork 14h00 (45')				Hyrox* 17h30 (60')		Cross Training* 19h30 (45')	Cross Training* 20h30 (60')	
			RPM* 07h30 (45')		BodyPump 09h15 (45')	Yoga anti-stress 10h15 (60')	A.F. 11h15 (30')	Bodybalance 12h30 (60')		Pilates 14h30 (45')	Stretching 15h15 (60')		Pilates 17h30 (45')	Bodyjam 18h30 (45')	Bodypump 19h30 (45')	Yoga anti-stress 20h30 (60')	
Mercredi	07h-22h					Cross Training* 10h15 (60')		Hyrox* 12h30 (60')						RPM* 18h30 (45')	Sprint* 19h30 (45')		
					Aquawork 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquadynamic 12h30 (45')		Aquagym 15h00 (45')			Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Hyrox* 20h30 (60')	
Jeudi	07h-22h				Yoga Energie 09h15 (45')	C.A.F. 10h15 (45')	Bodysculpt 11h15 (60')	Boxing* 12h30 (60')					Boxing* 17h30 (45')	LesMills Core 18h30 (45')	Bodybalance 19h30 (45')	Grit Athletic* 20h30 (30')	
					RPM* 09h15 (45')				Grit Force* 12h30 (45')			RPM* 16h00 (45')		Sprint* 18h30 (45')	RPM* 19h30 (45')		
Vendredi	07h-22h				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquawork 11h15 (45')	Aquabiking* 12h30 (45')						Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquagym 20h30 (45')	
					Bodybalance 09h15 (45')	Bodypump 10h15 (45')	C.A.F. 11h15 (45')	Bodyattack 12h30 (60')					Yoga Energie 15h00 (60')				
Samedi	08h-20h																
Dimanche	08h-17h																

* Cours sur réservation

Salle de cours	Zone fonctionnelle	Studio Bike	Piscine
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