

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					Bodypump 09h30 (45')	Stretching 10h30 (45')	Pilates 11h30 (45')	C.A.F. 12h30 (45')				Yoga 16h30 (45')	Bodycombat 17h30 (45')	Bodyjam 18h30 (45')	Bodypump 19h30 (45')	Step 20h30 (60')					
						RPM* 10h15 (45')		RPM* 12h30 (45')					RPM* 17h30 (45')		Sprint* 19h30 (45')						
					Wellcircuit* 10h00 (45')								Cross Training* 17h30 (45')	TRX* 18h45 (30')	Cross Training* 19h30 (45')						
					Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')				Aquatonus 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')						
Mardi 07h-22h					Pilates 09h30 (45')	Zumba 10h30 (45')	Bodybalance 11h30 (45')	Bodypump 12h30 (60')			C.A.F. 16h00 (45')	Pilates 16h45 (45')	Bodypump 17h30 (45')	Boxing* 18h30 (45')	Bodyattack 19h30 (45')	Yoga 20h30 (60')					
						RPM* 10h15 (45')							RPM* 18h00 (45')		RPM* 19h30 (45')						
					Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquabiking* 12h30 (45')	Cross Training* 12h30 (45')				TRX* 17h30 (30')	Cross Training* 18h30 (45')	TRX* 19h30 (30')						
												Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquatonus 18h30 (45')	Aquabiking* 19h30 (45')						
Mercredi 07h-22h					Bodypump 09h30 (45')	Yoga 10h30 (45')	C.A.F 11h30 (45')	Boxing* 12h30 (60')		Pole Dance* 15h00 (90')		C.A.F. 16h45 (45')	Bodyjam 17h30 (45')	LesMills Core 18h30 (45')	Step 19h30 (45')						
								Sprint* 12h30 (45')							RPM* 19h00 (45')						
								TRX* 12h30 (30')					Cross Training* 17h30 (45')	TRX* 18h45 (30')	Cross Training* 19h30 (45')	Total Récup* 20h30 (30')					
					Wellcircuit* 10h00 (45')																
Jeudi 07h-22h					Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquawork 12h30 (45')		Aquagym 14h30 (45')			Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')						
					C.A.F. 09h30 (45')	Pilates 10h30 (45')	Stretching 11h30 (45')	LesMills Dance 12h30 (60')				C.A.F. 16h45 (45')	Bodybalance 17h30 (45')	Bodypump 18h30 (45')	Grit* 19h30 (30')	Bodycombat 20h00 (60')					
									Cross Training* 12h30 (45')						RPM* 18h30 (45')	TRX* 19h30 (30')					
							Wellcircuit* 11h00 (45')						Cross Training* 17h30 (45')								
Vendredi 07h-22h					Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')				Aquawork 16h30 (45')	Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')						
					C.A.F. 09h30 (45')	Zumba 10h30 (45')	Pilates 11h30 (45')	Bodybalance 12h30 (60')				Yoga 16h30 (45')	Bodypump 17h30 (45')	Bodyattack 18h30 (45')	C.A.F. 19h30 (45')	Pole Dance* 20h15 (90')					
								RPM* 12h30 (45')							RPM* 18h30 (45')						
													Cross Training* 17h00 (45')	TRX* 18h00 (30')	Cross Training* 19h30 (45')						
Samedi 09h-20h					Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquawork 11h15 (45')	Aquabiking* 12h30 (45')			Aquabiking* 15h00 (45')										
					Pilates 09h30 (45')	Bodypump 10h30 (60')		Boxing* 12h15 (60')		C.A.F. 14h30 (45')	Stretching 15h15 (45')										
Dimanche 09h-17h																					
												* Cours sur réservation									
												Salle de cours		Zone fonctionnelle		Plateau / Extérieur		Studio Bike		Piscine	