

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		Bodysculpt 08h15 (45')		Pilates 1 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')	Pilates Ball 11h30 (45')	Bodyattack 12h30 (60')		Yoga 14h15 (60')	Bodypump 15h15 (60')	Bodysculpt 16h30 (45')	L.I.A 2 17h15 (45')	C.A.F. 18h00 (45')	Step 1 18h45 (45')	Bodypump 19h30 (60')	Boxing* 20h30 (60')
				Gym Soft* 09h30 (60')	Gym Soft* 10h30 (60')	Cross Training* 11h30 (60')	Stretching* 12h30 (45')			Qi Gong* 14h00 (60')	Gym Soft* 15h15 (60')	Danse Tahitienne* 16h15 (60')	C.A.F.* 17h30 (45')	Stretching* 18h15 (30')	Bodysculpt* 18h45 (45')	Pilates 2* 19h30 (45')	Bodybalance* 20h15 (60')
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')						RPM* 17h15 (45')	RPM* 18h15 (45')	Sprint* 19h15 (45')	RPM* 20h15 (45')	
													Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Mardi 07h-22h				A.F. 09h15 (30')	Bodybalance 09h45 (60')	Bodypump 10h45 (60')	Grit 11h45 (30')	Bodysculpt 12h30 (45')		Pilates 2 14h30 (60')	Grit 15h30 (45')	C.A.F. 16h30 (45')	Bodypump 17h15 (60')	L.I.A 1 18h15 (45')	Bodysculpt 19h00 (45')	Bodyattack 19h45 (60')	Zumba 20h45 (60')
				Gym Soft* 09h15 (45')	Qi Gong* 10h00 (45')	Pilates 2* 10h45 (45')	Stretching* 11h30 (45')	Cross Training* 12h30 (60')					Stretching* 17h30 (45')	Pilates 1* 18h15 (45')	CX Worx* 19h00 (45')	Bodysculpt* 19h45 (45')	Stretching* 20h30 (45')
					RPM* 10h00 (45')			Sprint* 12h30 (45')					RPM* 17h15 (45')	Sprint* 18h15 (45')	RPM* 19h15 (45')	Sprint* 20h15 (45')	
		Aquabiking* 08h15 (45')		Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquagym 11h15 (45')		Aquatonus 12h30 (45')				Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')		
Mercredi 07h-22h				Pilates Ball 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')	Gym Soft 11h30 (45')	Zumba 12h30 (45')		C.A.F. 14h30 (45')	Bodypump 15h30 (60')	Pilates 16h30 (60')	Bodyjam 17h30 (60')	Bodypump 18h30 (60')	Bodycombat 19h30 (60')	Bodybalance 20h30 (60')	
								Cross Training* 12h30 (60')		Capoeira Kid 8-12ans* 14h00 (75')	Capoeira Kid 4-7ans* 15h15 (45')		Cross Training* 17h15 (60')	Grit* 18h15 (45')	CX Worx* 19h00 (45')	Yoga Energie* 19h45 (60')	Yoga Anti-stress* 20h45 (60')
				Aquagym 09h15 (45')	Aquatonus 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')				Aquagym 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
														RPM* 18h15 (45')	Sprint* 19h15 (45')	RPM* 20h15 (45')	
Jeudi 07h-22h				C.A.F. 09h15 (45')	Pilates 1 10h00 (45')	Yochiga 11h00 (60')		Bodybalance 12h30 (45')		Yoga Anti-stress 14h30 (60')	Cross Training 15h30 (45')	Bodypump 16h30 (60')	Step 2 17h30 (60')	Boxing* 18h30 (60')	Bodypump 19h30 (60')	Pole Dance* 20h30 (75')	
				Cross Training* 09h30 (60')	Gym Soft* 10h45 (45')	Stretching* 11h30 (45')	Yoga* 12h30 (60')						CX Worx* 17h15 (45')	Bodybalance* 18h00 (45')	Stretching* 18h45 (45')	C.A.F.* 19h30 (45')	Bodysculpt* 20h15 (45')
							RPM* 12h30 (45')						RPM* 17h15 (45')	RPM* 18h15 (45')	Sprint* 19h15 (45')	RPM* 20h15 (45')	
		Aquagym 08h15 (45')		Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')					Aquatonus 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 07h-22h		Tai Chi 08h15 (60')		Bodysculpt 09h15 (45')	Step 1 10h00 (45')	Pilates Ball 10h45 (45')	C.A.F. 11h30 (45')	Bodypump 12h30 (60')		Bodypump 14h30 (60')	Cross Training 15h30 (45')	Bodycombat 16h30 (45')	Bodypump 17h15 (60')	Bodyattack 18h15 (60')	Bodybalance 19h15 (45')	Boxing* 20h00 (45')	Pole Dance* 20h45 (60')
								RPM* 12h30 (45')					Pilates 2* 17h30 (45')	Stretching* 18h15 (45')	Pilates 1* 19h00 (45')	Cross Training* 19h45 (60')	
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquadynamic 12h30 (45')				Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')			
														RPM* 17h15 (45')	Sprint* 18h15 (45')	RPM* 19h15 (45')	
Samedi 08h-20h				Pilates 1 09h15 (45')	Bodypump 10h15 (60')	Stretching 11h15 (45')	Bodypump 12h00 (60')	Boxing* 13h00 (60')		Cross Training* 14h15 (60')	Bodyattack 15h00 (60')			Bodybalance 17h15 (60')	A.F. 18h15 (30')	Stretching 18h45 (45')	
				RPM* 09h15 (45')	RPM* 10h30 (45')							RPM* 16h15 (45')					
				Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')										
Dimanche 08h-17h			Bodypump 08h30 (60')	Bodysculpt 09h30 (45')	C.A.F. 10h30 (45')	Stretching 11h15 (45')											
				RPM* 09h30 (45')	RPM* 10h30 (45')												
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquagym 12h30 (45')										

* Cours sur réservation

Salle de cours	Studio	RPM	Piscine
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