

PLANNING DES COURS COLLECTIFS

	MATIN						MIDI		APRÈS-MIDI								SOIR				
	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h						
Lundi 08h-22h		A.F. 08h45 (30')	Bodysculpt 09h15 (45')	Stretching 10h00 (30')	Pilates 10h30 (45')	A.F. 11h15 (30')		Bodypump 12h30 (60')		Pilates 14h30 (45')	Pole Dance* 15h15 (90')	Step 16h45 (45')	A.F. 17h30 (30')	Bodypump 18h15 (60')	Bodyattack 19h15 (60')	Bodyjam 20h15 (60')					
			RPM* 09h15 (45')				Sprint* 12h30 (45')			RPM* 16h30 (45')			RPM* 18h00 (45')		Total Recup* 19h30 (30')						
			Aquawork 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')		Aquagym 15h45 (45')		Aquabiking* 18h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquadynamic 20h30 (45')							
Mardi 08h-22h		Pilates Ball 08h30 (45')	C.A.F. 09h15 (45')	Sh'bam 10h00 (60')	Stretching 11h00 (45')	Hatha Yoga 12h30 (60')		Qi Gong 14h00 (60')	Bodysculpt 15h00 (45')	Stretching 15h45 (45')	Grit Cardio 16h45 (45')	Bodypump 17h30 (60')	CX Worx 18h30 (45')	Bodycombat 19h15 (60')	Bodybalance 20h15 (60')						
			Sprint* 09h15 (45')			Cross Training* 12h30 (60')							Cross Training* 18h30 (60')								
						RPM* 12h30 (45')			Aquabiking* 15h00 (45')	Aquagym 16h00 (45')		RPM* 17h30 (45')	Sprint* 18h30 (45')	RPM* 19h30 (45')							
Mercredi 08h-22h		Bodypump 08h30 (60')	CX Worx 09h30 (30')	Stretching 10h00 (30')	Bodysculpt 10h30 (45')	Bodybalance 11h15 (60')	Boxing* 12h30 (60')	Gym Soft 14h00 (45')	Stretching 14h45 (30')	Bodypump 15h15 (60')	Bodybalance 16h15 (60')	Boxing* 17h15 (60')	Bodypump 18h30 (60')	Bodyjam 19h30 (60')	Pole Dance* 20h30 (75')						
			RPM* 09h30 (45')									Sprint* 16h30 (45')	RPM* 17h30 (45')		Total Recup* 19h30 (30')						
			Aquagym 09h15 (45')	Aquatonus Core 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')		Aquagym 14h30 (45')	Aquabiking* 15h30 (45')		Aquawork 17h30 (45')	Aquadynamic 18h30 (45')								
Jeudi 08h-22h		C.A.F. 08h15 (45')	Bodybalance 09h00 (60')	Zumba 10h00 (60')	Pilates 11h00 (45')	Pilates Ball 11h45 (45')	Bodybalance 12h30 (60')	Bodysculpt 14h00 (45')	Stretching 14h45 (30')	Yoga Anti-stress 15h15 (60')	A.F. 16h30 (30')	Grit Force 17h00 (30')	Bodysculpt 17h30 (45')	Bodycombat 18h15 (45')	Bodypump 19h00 (60')	Grit Cardio 20h00 (30')	Pilates 20h30 (45')				
				Wellcircuit* 10h15 (45')											Cross Training* 19h15 (60')						
			Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		RPM* 12h30 (45')			Aquagym 15h00 (45')	Aquabiking* 16h00 (45')		RPM* 17h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')					
Vendredi 08h-22h		Tai Chi 08h15 (60')	Bodysculpt 09h15 (45')	Stretching 10h00 (30')	Bodypump 10h30 (60')	A.F. 11h30 (30')	Bodyjam 12h30 (60')		Yoga Energie 14h45 (60')	C.A.F. 16h00 (45')	Bodypump 16h45 (60')	Zumba 17h45 (60')	Step 18h45 (45')	Boxing* 19h30 (60')	Ragga Dance 20h30 (60')						
			RPM* 09h15 (45')				Sprint* 12h30 (45')					Cross Training* 17h45 (60')									
			Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')			Aquadynamic 15h00 (45')	Aquabiking* 16h00 (45')		Aquabiking* 17h30 (45')	Aquatonus 18h30 (45')	RPM* 19h30 (45')						
Samedi 09h-20h			Pilates 09h30 (45')	Bodypump 10h15 (60')	Bodyattack 11h30 (60')	Stretching 12h30 (45')		A.F. 14h00 (30')	Bodypump 14h30 (60')	Boxing* 15h30 (60')	Stretching 16h30 (30')										
			Sprint* 09h30 (45')	RPM* 10h15 (45')						RPM* 15h30 (45')											
			Aquagym 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')		Aquabiking* 14h00 (45')	Aquadynamic 15h00 (45')												
Dimanche 09h-17h			Bodybalance 09h30 (60')	Bodysculpt 10h30 (60')	Bodypump 11h30 (60')	C.A.F. 12h30 (45')															
				RPM* 10h30 (45')	RPM* 11h30 (45')																
			Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquagym 11h30 (45')	Aquadynamic 12h30 (45')															
												* Cours sur réservation									
												Salle de cours	Plateau	RPM	Piscine						