

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			A.F. 08h45 (30')	Bodysculpt 09h15 (45')	Stretching 10h00 (30')	Pilates 10h30 (45')	A.F. 11h15 (30')		Bodypump 12h30 (60')		A.F. 14h00 (30')	Pilates 14h30 (45')	Pole Dance* 15h15 (90')	A.F. 17h00 (30')	Step 17h30 (45')	Bodypump 18h15 (45')	Bodyattack 19h15 (45')	Bodyjam 20h15 (60')
					Wellcircuit* 10h00 (60')								Hyrox* 17h15 (45')		Cross Training* 18h15 (45')	Cross Training* 19h15 (60')		
				RPM* 09h15 (45')					Sprint* 12h30 (45')				RPM* 16h30 (45')			RPM* 18h15 (45')	RPM* 19h15 (45')	Sprint* 20h15 (45')
				Aquawork* 09h15 (45')		Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')			Aquagym 15h45 (45')			Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquawork* 19h30 (45')	
Mardi 07h-22h			Gym Soft 08h30 (45')	C.A.F. 09h15 (45')	LesMills Dance 10h00 (45')	Stretching 11h00 (45')		Yoga Energie 12h30 (60')		Qi Gong 14h30 (60')	Bodysculpt 15h45 (45')	Stretching 16h30 (45')	Bodypump 17h30 (45')	C.A.F. 18h30 (45')	Bodycombat 19h30 (45')	Bodybalance 20h30 (60')		
					Wellcircuit* 10h00 (60')			Cross Training* 12h30 (60')					Cross Training* 17h30 (45')	Hyrox* 18h30 (45')	Cross Training* 19h30 (60')			
								RPM* 12h30 (45')						RPM* 17h30 (45')	Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Aquabiking* 09h15 (45')		Aquabiking* 10h15 (45')	Aquagym 11h15 (45')				Aquabiking* 15h00 (45')	Aquagym 16h00 (45')		Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
Mercredi 07h-22h			Bodypump 08h30 (45')	A.F. 09h30 (30')	Stretching 10h00 (30')	Bodysculpt 10h30 (45')	Bodybalance 11h15 (60')		Boxing* 12h30 (60')				Bodybalance 16h00 (45')	Boxing* 17h00 (45')	Bodypump 18h00 (45')	Bodyjam 19h00 (45')	Pole Dance* 20h00 (75')	
									Hyrox* 12h30 (60')			Wellcircuit* 15h00 (60')			Cross Training* 18h00 (45')	Cross Training* 19h00 (60')		
				RPM* 09h30 (45')										RPM* 17h00 (45')	RPM* 18h00 (45')	Sprint* 19h00 (45')		
				Aquagym 09h15 (45')		Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')		Aquagym 14h30 (45')	Aquabiking* 15h30 (45')			Aquawork* 17h30 (45')	Aquadynamic 18h30 (45')		
Jeudi 07h-22h			C.A.F. 08h15 (45')	Bodybalance 09h00 (45')	Zumba 10h00 (45')	Pilates 11h00 (45')	Stretching 11h45 (45')	Bodybalance 12h30 (60')			Tai Chi 15h30 (60')		Stretching 17h00 (30')	Bodysculpt 17h30 (45')	Bodycombat 18h30 (45')	Bodypump 19h30 (45')	Pilates 20h30 (45')	
					Wellcircuit* 10h00 (60')			Cross Training* 12h30 (60')						Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Hyrox* 19h30 (60')		
								RPM* 12h30 (45')						RPM* 17h30 (45')		Sprint* 18h30 (45')		
				Aquagym 09h15 (45')		Aquabiking* 10h15 (45')	Aquagym 11h15 (45')				Aquagym 15h00 (45')	Aquabiking* 16h00 (45')			Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	
Vendredi 07h-22h				Bodysculpt 09h15 (45')	Stretching 10h00 (30')	Bodypump 10h30 (45')	A.F. 11h30 (30')		Bodyjam 12h30 (60')		Yoga Anti-stress 15h00 (60')		C.A.F. 16h15 (45')	Bodypump 17h00 (45')	Zumba 18h00 (45')	Bodybalance 19h00 (45')	Boxing* 20h00 (60')	
															Cross Training* 18h00 (45')	Hyrox* 19h00 (60')		
				RPM* 09h15 (45')					Sprint* 12h30 (45')						Sprint* 18h00 (45')	RPM* 19h00 (45')		
				Aquawork* 09h15 (45')		Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')		Aquadynamic 15h00 (45')			Aquabiking* 17h00 (45')	Aquabiking* 18h00 (45')	Aquatonus* 19h00 (45')		
Samedi 08h-20h				Pilates 09h30 (45')	Bodypump 10h15 (60')		Bodyattack 11h30 (45')	Stretching 12h30 (45')		Pole Dance* 14h00 (90')		Boxing* 15h30 (45')	Stretching 16h30 (30')					
							Cross Training* 11h30 (60')				Hyrox* 14h30 (60')							
												RPM* 15h30 (45')						
				Sprint* 09h30 (45')	RPM* 10h15 (45')													
Dimanche 08h-17h																		
														* Cours sur réservation				
															Salle de cours	Zone fonctionnelle	Studio Bike	Piscine