

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				C.A.F. 08h30 (45')	Bodypump 09h15 (45')	Bodybalance 10h15 (45')	Pilates Ball 11h15 (45')	C.A.F. 12h00 (30')	Bodypump 12h30 (60')		Pilates 14h30 (60')		Bodypump 17h00 (45')	LesMills Dance 18h00 (45')	Bodycombat 18h45 (45')	Bodyjam 19h45 (45')	Bodybalance 20h30 (60')	
						RPM* 10h15 (45')			RPM* 12h30 (45')				RPM* 18h00 (45')		RPM* 19h00 (45')	Sprint* 20h00 (45')		
									Cross Training* 12h30 (60')		TRX* 16h00 (45')				Cross Training* 19h00 (45')	TRX* 20h00 (45')		
Mardi 07h-22h					Aquagym 09h30 (45')	Aquagym 10h30 (45')	Aquabiking* 11h30 (45')		Aquabiking* 12h30 (45')		Aquabiking* 14h30 (45')		Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
				Pilates 09h00 (45')	Bodysculpt 09h45 (45')	Zumba 10h30 (45')	Stretching 11h15 (45')		Boxing* 12h30 (60')				Bodybalance 16h30 (45')	Bodyjam 17h30 (45')	Bodypump 18h30 (45')	Bodycombat 19h30 (45')	Yoga Anti-stress 20h30 (60')	
									RPM* 12h30 (45')					RPM* 17h30 (45')	RPM* 18h30 (45')	RPM* 19h30 (45')		
Mercredi 07h-22h																		
Jeudi 07h-22h																		
Vendredi 07h-22h																		
Samedi 08h-20h																		
Dimanche 08h-17h																		