

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			Yoga 08h30 (45')	Bodysculpt 09h30 (45')	Pilates 10h30 (60')		Bodysculpt 12h30 (60')		C.A.F. 14h30 (45')	Stretching 15h15 (45')		LesMills Core 17h00 (30')	Bodyattack 17h30 (45')	Bodypump 18h30 (45')	Zumba 19h30 (45')	Bodybalance 20h30 (60')			
			Aquadynamic* 08h30 (45')	Aquagym* 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquadynamic* 12h30 (45')			Aquabiking* 15h00 (45')		Aquawork* 17h00 (45')	Well3D* 17h30 (45')	Hyrox* 18h30 (45')	RPM* 18h30 (45')	Cross Training* 19h30 (45')	RPM* 19h30 (45')		
Mardi 08h-22h			Pilates 08h30 (45')	Bodypump 09h30 (45')	A.F. 10h30 (30')	Stretching 11h00 (30')	Bodyattack 12h30 (60')		Bodypump 14h30 (45')	Bodybalance 15h30 (60')		Grit 17h00 (30')	Bodypump 17h30 (45')	Bodycombat 18h30 (45')	Bodyjam 19h30 (45')	Pole Dance* 20h30 (60')			
			RPM* 08h30 (45')	Aquadynamic* 08h30 (45')	Aquabiking* 09h30 (45')	Aquagym* 10h30 (45')	Aquawork* 11h30 (45')	Aquabiking* 12h30 (45')		Aquadynamic* 15h00 (45')		Aquaboxe* 17h00 (45')	RPM* 17h30 (45')	Aquabiking* 18h00 (45')	RPM* 18h30 (45')	Hyrox* 19h30 (45')	RPM* 19h30 (45')		
Mercredi 08h-22h			A.F. 08h30 (30')	Stretching 09h00 (30')	Zumba 09h30 (45')	Bodybalance 10h30 (60')	Bodypump 12h30 (60')		A.F. + Stretching 14h30 (45')	Pilates 15h30 (60')		LesMills Core 17h00 (30')	Bodybalance 17h30 (45')	Bodyattack 18h30 (45')	Bodypump 19h30 (45')	Boxing* 20h30 (60')			
				RPM* 09h30 (45')	Aquagym* 08h30 (45')	Aquadynamic* 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquagym* 12h30 (45')	Aquagym* 15h00 (45')		Aquabiking* 17h00 (45')	Hyrox* 17h30 (45')	Well3D* 18h30 (45')	RPM* 18h30 (45')	Cross Training* 19h30 (45')	Sprint* 19h30 (45')		
Jeudi 08h-22h			Bodypump 08h30 (45')	Step 09h30 (45')	A.F. 10h30 (30')	Stretching 11h00 (30')	Bodycombat 12h30 (60')		Bodypump 14h30 (45')	Stretching 15h30 (45')		LesMills Core 17h00 (30')	Boxing* 17h30 (45')	Bodypump 18h30 (45')	Bodybalance 19h30 (45')	Bodyjam 20h30 (60')			
			Aquabiking* 08h30 (45')	RPM* 09h30 (45')	Aquadynamic* 09h30 (45')	Aquabiking* 10h30 (45')	Aquagym* 11h30 (45')	RPM* 12h30 (45')	Aquawork* 12h30 (45')	Aquadynamic* 15h00 (45')		Aquabiking* 17h00 (45')	Cross Training* 17h30 (45')	Hyrox* 18h30 (45')	Sprint* 18h30 (45')	Cross Training* 19h30 (45')	RPM* 19h30 (45')		
Vendredi 08h-22h			Yoga 08h30 (45')	Bodysculpt 09h30 (45')	Stretching 10h30 (45')		Bodybalance 12h30 (60')		A.F. 14h30 (30')	Yoga 15h00 (60')		Bodysculpt 17h00 (45')	Step 18h00 (45')	Bodypump 19h00 (45')	Pole Dance* 20h00 (60')				
			Aquagym* 08h30 (45')	Hyrox* 11h30 (45')	Aquabiking* 09h30 (45')	Aquawork* 10h30 (45')	Aquadynamic* 11h30 (45')	RPM* 12h30 (45')	Aquabiking* 12h30 (45')	Aquagym* 15h00 (45')		Aquadynamic* 17h00 (45')	Cross Training* 18h00 (45')	RPM* 18h00 (45')	Cross Training* 19h00 (45')	Sprint* 19h00 (45')	Aquagym* 20h00 (45')		
Samedi 08h-20h				Pilates 09h30 (45')	Bodypump 10h30 (45')	LesMills Core 11h30 (30')	Stretching 12h00 (30')	Bodysculpt 14h00 (45')	Stretching 15h00 (30')										
				RPM* 09h30 (45')	Aquagym* 09h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')	Aquaboxe* 12h30 (45')	Aquabiking* 14h00 (45')										
Dimanche 08h-17h				Bodysculpt 09h30 (45')	Bodyattack 10h30 (45')	Bodybalance 11h30 (60')													
				Aquagym* 09h30 (45')	RPM* 10h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')												
												* Cours sur réservation							
												Salle de cours		Plateau		Studio Bike		Piscine	

* Cours sur réservation

Salle de cours	Plateau	Studio Bike	Piscine
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À NOTER : les cours d'Hyrox seront lancés très prochainement. Ils sont temporairement remplacés par des cours de Cross Training.