

# Planning des cours collectifs

|                            | 7h | 8h | 9h                         | MATIN                      |                                |                            | MIDI                           |                                |                         | APRÈS-MIDI                     |                                      |                                      | SOIR                                 |                                |                                | 22h                           |
|----------------------------|----|----|----------------------------|----------------------------|--------------------------------|----------------------------|--------------------------------|--------------------------------|-------------------------|--------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------|--------------------------------|-------------------------------|
|                            |    |    |                            | 10h                        | 11h                            | 12h                        | 13h                            | 14h                            | 15h                     | 16h                            | 17h                                  | 18h                                  | 19h                                  | 20h                            | 21h                            |                               |
| <b>Lundi</b><br>07h-22h    |    |    | Bodysculpt<br>08h15 (45')  | Pilates<br>09h15 (45')     | Zumba<br>10h00 (45')           | Stretching<br>10h45 (45')  | C.A.F.<br>11h30 (45')          | Bodyattack<br>12h30 (60')      | Yoga<br>14h30 (45')     | Bodypump<br>15h30 (60')        |                                      | Bodycombat<br>17h15 (45')            | C.A.F.<br>18h00 (45')                | Step<br>18h45 (45')            | Bodypump<br>19h30 (45')        | Boxing*<br>20h30 (60')        |
|                            |    |    |                            | Gym Soft*<br>09h30 (45')   | Gym Soft*<br>10h30 (45')       |                            |                                | Stretching*<br>12h30 (45')     | Qi Gong*<br>14h00 (60') | Gym Soft*<br>15h15 (45')       |                                      | Pilates*<br>17h15 (45')              | Yoga*<br>18h00 (45')                 | Bodysculpt*<br>19h00 (45')     | Stretching*<br>19h45 (45')     | LesMills Core*<br>20h30 (45') |
|                            |    |    |                            |                            | RPM*<br>10h45 (45')            |                            |                                | RPM*<br>12h30 (45')            |                         |                                | Strength Development*<br>16h15 (60') |                                      | Grit*<br>18h30 (45')                 |                                | Cross Training*<br>19h30 (60') |                               |
|                            |    |    |                            | Aquadynamic<br>09h15 (45') | Aquabiking*<br>10h15 (45')     | Aquabiking*<br>11h15 (45') |                                | Aquabiking*<br>12h30 (45')     |                         |                                |                                      | Aquagym<br>17h30 (45')               |                                      | Aquabiking*<br>18h30 (45')     | Aquabiking*<br>19h30 (45')     | Aquabiking*<br>20h30 (45')    |
| <b>Mardi</b><br>07h-22h    |    |    |                            | Bodybalance<br>09h15 (45') | Bodypump<br>10h15 (45')        | Pilates<br>11h15 (45')     | C.A.F.<br>12h30 (45')          |                                | Pilates<br>14h30 (60')  |                                | C.A.F.<br>16h30 (45')                | Grit<br>17h15 (45')                  | Bodybalance<br>18h00 (45')           | LesMills Core<br>18h45 (45')   | Bodyattack<br>19h30 (45')      | Zumba<br>20h30 (60')          |
|                            |    |    |                            | Gym Soft*<br>09h15 (45')   | Stretching*<br>10h15 (45')     |                            |                                | Cross Training*<br>12h30 (60') |                         | Cross Training*<br>15h30 (60') |                                      | Bodysculpt*<br>17h15 (45')           | Pilates*<br>18h15 (45')              | Gym Soft*<br>19h00 (45')       | C.A.F.*<br>19h45 (45')         | Stretching*<br>20h30 (45')    |
|                            |    |    |                            |                            |                                |                            |                                | Sprint*<br>12h30 (45')         |                         |                                |                                      | RPM*<br>17h15 (45')                  | Wellrun*<br>18h00 (60')              | Sprint*<br>18h15 (45')         | RPM*<br>19h15 (45')            |                               |
|                            |    |    | Aquabiking*<br>08h15 (45') | Aquabiking*<br>09h15 (45') | Aquagym<br>10h15 (45')         |                            | Aquatonus<br>12h30 (45')       |                                |                         |                                | Aquabiking*<br>16h30 (45')           | Aquabiking*<br>17h30 (45')           | Aquabiking*<br>18h30 (45')           | Aquabiking*<br>19h30 (45')     | Aquatonus<br>19h30 (45')       |                               |
| <b>Mercredi</b><br>07h-22h |    |    |                            | L.I.A.<br>09h15 (45')      | C.A.F.<br>10h15 (45')          | Stretching<br>11h00 (45')  |                                | Zumba<br>12h30 (60')           | C.A.F.<br>14h30 (45')   | Stretching<br>15h15 (45')      | Pole Dance*<br>16h00 (90')           | Bodypump<br>17h30 (45')              | Bodyjam<br>18h30 (45')               | Bodycombat<br>19h30 (45')      | Bodybalance<br>20h30 (60')     |                               |
|                            |    |    |                            | Tai chi*<br>09h15 (60')    | Qi Gong*<br>10h15 (60')        |                            | Gym Soft*<br>11h30 (45')       |                                |                         |                                |                                      | Yoga Anti-stress*<br>17h30 (45')     | C.A.F.*<br>18h30 (45')               | Stretching*<br>19h30 (45')     | Bodysculpt*<br>20h30 (45')     |                               |
|                            |    |    |                            |                            |                                |                            |                                | Grit*<br>12h30 (45')           |                         |                                |                                      | Cross Training*<br>17h30 (60')       | Grit*<br>18h30 (45')                 | Cross Training*<br>19h30 (60') |                                |                               |
|                            |    |    |                            |                            | RPM*<br>10h15 (45')            |                            |                                | RPM*<br>12h30 (45')            |                         |                                |                                      |                                      | RPM*<br>18h15 (45')                  |                                | RPM*<br>20h15 (45')            |                               |
|                            |    |    |                            | Aquatonus<br>09h15 (45')   | Aquabiking*<br>10h15 (45')     | Aquabiking*<br>11h15 (45') |                                | Aquabiking*<br>12h30 (45')     |                         |                                | Aquagym<br>16h30 (45')               | Aquadynamic<br>17h30 (45')           | Aquabiking*<br>18h30 (45')           | Aquabiking*<br>19h30 (45')     |                                |                               |
| <b>Jeudi</b><br>07h-22h    |    |    |                            | C.A.F.<br>09h15 (45')      | Pilates<br>10h00 (45')         | Yoga<br>10h45 (60')        |                                | Bodybalance<br>12h30 (60')     |                         | Bodybalance<br>15h45 (45')     | LesMills Core<br>16h30 (45')         | Pilates<br>17h30 (45')               | Bodypump<br>18h30 (45')              | Boxing*<br>19h30 (45')         | Pole Dance*<br>20h30 (75')     |                               |
|                            |    |    |                            |                            |                                | Gym Soft*<br>10h45 (45')   | Stretching*<br>11h30 (45')     | Bodysculpt*<br>12h30 (45')     |                         |                                |                                      | Tai Chi*<br>17h30 (45')              | Stretching*<br>18h30 (45')           | Yoga*<br>19h15 (45')           | C.A.F.*<br>20h15 (45')         |                               |
|                            |    |    |                            |                            | Cross Training*<br>09h30 (60') |                            |                                |                                |                         |                                |                                      | Strength Development*<br>17h30 (60') | Cross Training*<br>18h30 (60')       | Grit*<br>19h30 (45')           |                                |                               |
|                            |    |    |                            |                            |                                |                            |                                | RPM*<br>12h30 (45')            |                         |                                |                                      | RPM*<br>17h30 (45')                  | RPM*<br>18h30 (45')                  | RPM*<br>19h30 (45')            |                                |                               |
|                            |    |    | Aquagym<br>08h15 (45')     | Aquatonus<br>09h15 (45')   | Aquabiking*<br>10h15 (45')     | Aquabiking*<br>11h15 (45') |                                | Aquabiking*<br>12h30 (45')     |                         |                                |                                      | Aquabiking*<br>17h30 (45')           | Aquabiking*<br>18h30 (45')           | Aquadynamic<br>19h30 (45')     |                                |                               |
| <b>Vendredi</b><br>07h-22h |    |    |                            | Bodysculpt<br>09h15 (45')  | Step<br>10h00 (45')            | Pilates<br>10h45 (45')     | C.A.F.<br>11h30 (45')          | Bodypump<br>12h30 (60')        |                         |                                |                                      | Bodycombat<br>16h30 (45')            | Bodypump<br>17h15 (45')              | Bodyjam<br>18h15 (45')         | Bodybalance<br>19h15 (45')     | Boxing*<br>20h00 (60')        |
|                            |    |    |                            |                            |                                |                            |                                | Pilates*<br>12h30 (45')        |                         |                                |                                      | Stretching*<br>17h15 (45')           | C.A.F.*<br>18h15 (45')               | Pilates*<br>19h15 (45')        |                                |                               |
|                            |    |    |                            |                            |                                |                            |                                | Wellrun*<br>12h30 (60')        |                         |                                |                                      | Cross Training*<br>17h15 (60')       | Strength Development*<br>18h30 (60') |                                |                                |                               |
|                            |    |    |                            |                            |                                |                            |                                | RPM*<br>12h30 (45')            |                         |                                |                                      |                                      | RPM*<br>18h15 (45')                  | Sprint*<br>19h15 (45')         |                                |                               |
|                            |    |    |                            | Aquabiking*<br>09h15 (45') | Aquabiking*<br>10h15 (45')     | Aquagym<br>11h15 (45')     |                                | Aquadynamic<br>12h30 (45')     |                         |                                |                                      | Aquabiking*<br>16h30 (45')           | Aquabiking*<br>17h30 (45')           | Aquagym<br>18h30 (45')         |                                |                               |
| <b>Samedi</b><br>08h-20h   |    |    |                            | Pilates<br>09h15 (45')     | Bodypump<br>10h15 (45')        | Bodyjam<br>11h15 (45')     | Stretching<br>12h15 (45')      |                                | Yoga<br>14h00 (60')     |                                | C.A.F.<br>16h00 (45')                | Stretching<br>16h45 (45')            |                                      |                                |                                |                               |
|                            |    |    |                            |                            |                                |                            | Cross Training*<br>12h15 (60') |                                |                         |                                |                                      |                                      |                                      |                                |                                |                               |
|                            |    |    |                            |                            |                                |                            |                                |                                |                         |                                |                                      |                                      |                                      |                                |                                |                               |
|                            |    |    |                            |                            | RPM*<br>10h15 (45')            | RPM*<br>11h15 (45')        |                                |                                |                         |                                |                                      |                                      |                                      |                                |                                |                               |
|                            |    |    |                            | Aquatonus<br>09h15 (45')   | Aquabiking*<br>10h15 (45')     | Aquabiking*<br>11h15 (45') |                                | Aquabiking*<br>12h30 (45')     |                         |                                |                                      |                                      |                                      |                                |                                |                               |
| <b>Dimanche</b><br>08h-17h |    |    |                            | Gym Soft<br>08h30 (45')    | Bodysculpt<br>09h30 (45')      | C.A.F.<br>10h30 (45')      | Stretching<br>11h15 (45')      |                                |                         |                                |                                      |                                      |                                      |                                |                                |                               |
|                            |    |    |                            |                            | RPM*<br>09h30 (45')            | RPM*<br>10h30 (45')        |                                |                                |                         |                                |                                      |                                      |                                      |                                |                                |                               |
|                            |    |    |                            |                            |                                |                            |                                |                                |                         |                                |                                      |                                      |                                      |                                |                                |                               |
|                            |    |    |                            | Aquabiking*<br>09h15 (45') | Aquabiking*<br>10h15 (45')     | Aquabiking*<br>11h15 (45') |                                | Aquagym<br>12h30 (45')         |                         |                                |                                      |                                      |                                      |                                |                                |                               |

\* Cours sur réservation

Salle de cours
Studio
Zone fonctionnelle
Extérieur
Studio Bike
Piscine