

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				Bodypump 09h30 (45')	Stretching 10h30 (45')	Pilates 11h30 (45')	C.A.F. 12h30 (45')				Yoga 16h30 (45')	Bodycombat 17h30 (45')	Bodyjam 18h30 (45')	Bodypump 19h30 (45')	Step 20h30 (60')	
				RPM* 10h15 (45')			RPM* 12h30 (45')					RPM* 17h30 (45')		Sprint* 19h30 (45')		
				Wellcircuit* 10h00 (45')								Cross Training* 17h30 (60')	TRX* 18h45 (30')	Cross Training* 19h30 (60')		
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')				Aquatonus 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')		
Mardi 07h-22h				Pilates 09h30 (45')	Zumba 10h30 (45')	Bodybalance 11h30 (45')	Bodypump 12h30 (60')			C.A.F. 16h00 (45')	Pilates 16h45 (45')	Bodypump 17h30 (45')	Boxing* 18h30 (45')	Bodyattack 19h30 (45')	Yoga 20h30 (60')	
				RPM* 10h15 (45')								RPM* 18h00 (45')		RPM* 19h30 (45')		
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquabiking* 12h30 (45')			Cross Training* 12h30 (45')		TRX* 17h30 (30')	Cross Training* 18h30 (60')	TRX* 19h30 (30')		
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquabiking* 12h30 (45')				Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquatonus 18h30 (45')	Aquabiking* 19h30 (45')		
Mercredi 07h-22h				Bodypump 09h30 (45')	Yoga 10h30 (45')	C.A.F. 11h30 (45')	Boxing* 12h30 (60')		Pole Dance* 15h00 (90')		C.A.F. 16h45 (45')	Bodyjam 17h30 (45')	LesMills Core 18h30 (45')	Step 19h30 (45')		
							Sprint* 12h30 (45')							RPM* 19h00 (45')		
				Wellcircuit* 10h00 (45')			TRX* 12h30 (30')					Cross Training* 17h30 (60')	TRX* 18h45 (30')	Cross Training* 19h30 (60')	Total Récup* 20h30 (30')	
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquawork 12h30 (45')		Aquagym 14h30 (45')			Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')		
Jeudi 07h-22h				C.A.F. 09h30 (45')	Pilates 10h30 (45')	Stretching 11h30 (45')	LesMills Dance 12h30 (60')				C.A.F. 16h45 (45')	Bodybalance 17h30 (45')	Bodypump 18h30 (45')	Grit* 19h30 (30')	Bodycombat 20h00 (60')	
				RPM* 09h30 (45')									RPM* 18h30 (45')			
						Wellcircuit* 11h00 (45')						Cross Training* 17h30 (60')		TRX* 19h30 (30')		
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')				Aquawork 16h30 (45')	Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 07h-22h				C.A.F. 09h30 (45')	Zumba 10h30 (45')	Pilates 11h30 (45')	Bodybalance 12h30 (60')				Yoga 16h30 (45')	Bodypump 17h30 (45')	Bodyattack 18h30 (45')	C.A.F. 19h30 (45')	Pole Dance* 20h15 (90')	
							RPM* 12h30 (45')						RPM* 18h30 (45')			
				Wellcircuit* 10h00 (45')								Cross Training* 17h00 (60')	TRX* 18h00 (30')	Cross Training* 19h30 (60')		
				Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquawork 11h15 (45')	Aquabiking* 12h30 (45')		Aquabiking* 15h00 (45')			Aquabiking* 17h30 (45')	Aquatonus 18h30 (45')	Aquadynamic 19h30 (45')		
Samedi 09h-20h				Pilates 09h30 (45')	Bodypump 10h30 (60')		Boxing* 12h15 (60')		C.A.F. 14h30 (45')	Stretching 15h15 (45')						
							RPM* 11h30 (45')									
							Cross Training* 11h15 (60')									
				Aquagym 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')										
Dimanche 09h-17h				Bodypump 09h30 (60')		LesMills Core 11h30 (45')										
					RPM* 10h30 (45')											
				Aquadynamic 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquawork 12h30 (45')									

* Cours sur réservation

Salle de cours	Zone fonctionnelle	Plateau / Exterieur	Studio Bike	Piscine
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