

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