

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			Pilates* 08h15 (45')	Bodysculpt 09h15 (45')	LesMills Core 10h15 (45')	Bodybalance 11h00 (60')	Bodypump 12h30 (60')		C.A.F. 14h15 (45')		Yoga Energie 16h00 (60')	Grit 17h00 (30')	Bodyattack 17h30 (45')	Bodypump 18h30 (45')	Zumba 19h30 (45')	Boxing* 20h30 (60')	
			RPM* 09h15 (45')				RPM* 12h30 (45')		RPM* 15h00 (45')			RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')	RPM* 20h30 (45')		
			Cross Training* 12h30 (60')				Cross Training* 12h30 (60')					Well3D* 17h30 (60')	Cross Training* 18h30 (60')	Strength Development* 19h30 (60')	Cross Training* 20h30 (60')		
													Wellrun* 19h00 (75')				
			Aquadynamic 08h15 (45')	Aquawork 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')		Aquagym 15h00 (45')			Aquawork 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')		
Mardi 07h-22h			Bodysculpt 08h30 (45')	Zumba 09h15 (45')	A.F. 10h00 (30')	Stretching 10h30 (45')	LesMills Core 12h00 (30')	Bodycombat 12h30 (60')		Pilates* 14h00 (45')	Bodybalance 15h00 (60')		Boxing* 16h30 (45')	Bodypump 17h30 (45')	Bodyattack 18h30 (45')	Bodyjam 19h30 (45')	Bodybalance 20h30 (45')
				RPM* 09h45 (45')			Sprint* 12h30 (45')					Sprint* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')	RPM* 19h30 (45')		
			Aquabiking* 08h15 (45')	Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquawork 11h15 (45')	Aquacombat 12h30 (45')		Aquabiking* 15h00 (45')			Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Aquabiking* 20h30 (45')		
Mercredi 07h-22h			Pilates* 08h15 (45')	Bodypump 09h15 (45')	Yoga Anti-stress 10h15 (60')		Pilates* 12h30 (60')		Bodysculpt 15h00 (45')	Zumba 15h45 (45')	Yoga Energie 16h30 (45')	Boxing* 17h30 (45')	LesMills Dance 18h30 (45')	LesMills Core 19h15 (30')	Pilates* 19h45 (45')	Pole Dance* 20h30 (75')	
							RPM* 12h30 (45')						Sprint* 18h30 (45')	RPM* 19h30 (45')			
							Cross Training* 12h30 (60')					Well3D* 17h30 (60')	Cross Training* 18h30 (60')	Cross Training* 19h30 (60')	Cross Training* 19h30 (60')	Strength Development* 20h30 (60')	
													Wellrun* 19h00 (75')				
			Aquagym 09h15 (45')	Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')	Aquabiking* 12h30 (45')		Aquabiking* 14h00 (45')		Aquadynamic 16h00 (45')	Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')		
Jeudi 07h-22h			C.A.F. 08h30 (45')	Stretching 09h15 (30')	Bodysculpt 09h45 (45')	Pilates* 10h30 (60')	Total Recup* 11h30 (45')	LesMills Core 12h30 (45')		Yoga Anti-stress 15h00 (60')	Pilates* 16h00 (45')	Grit 17h00 (30')	Bodybalance 17h30 (45')	Bodycombat 18h30 (45')	Bodypump 19h30 (45')	Yoga Anti-stress 20h30 (60')	
					RPM* 09h45 (45')			Sprint* 12h30 (45')					RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')		
								Strength Development* 12h30 (60')					Cross Training* 17h30 (60')	Cross Training* 18h30 (60')	Well3D* 19h30 (60')	Cross Training* 20h30 (60')	
			Aquagym 08h15 (45')	Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')	Aquawork 12h30 (45')		Aquabiking* 15h00 (45')			Aquabiking* 17h30 (45')	Aquacombat 18h30 (45')	Aquawork 19h30 (45')	Aquabiking* 20h30 (45')		
Vendredi 07h-22h			Yoga Energie 08h45 (45')	LesMills Core 09h45 (45')	Bodypump 10h30 (60')	Total Recup* 11h30 (45')	Bodybalance 12h30 (60')		Bodysculpt 15h00 (45')	Pole Dance* 16h00 (90')		Bodysculpt 17h30 (45')	Step* 18h30 (45')	L.I.A. 19h30 (45')	Stretching 20h30 (60')		
					RPM* 10h45 (45')			RPM* 12h30 (45')					Sprint* 18h30 (45')	RPM* 19h30 (45')			
								Well3D* 12h30 (60')				Cross Training* 17h30 (60')	Cross Training* 18h30 (60')				
			Aquawork 08h15 (45')	Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquabiking* 12h30 (45')		Aquagym 14h00 (45')		Aquadynamic 15h00 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')			
Samedi 08h-20h			Pilates* 09h00 (45')	Bodypump 10h00 (45')	LesMills Core 11h00 (30')	Boxing* 11h30 (60')			RPM* 14h45 (45')			Bodysculpt 15h45 (45')	Stretching 16h30 (45')	Pole Dance* 17h15 (90')			
				Sprint* 10h00 (45')	RPM* 11h00 (45')												
				Aquadynamic 10h00 (45')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')						Aquabiking* 16h00 (45')					
Dimanche 08h-17h			Bodysculpt 09h00 (45')	Bodybalance 10h00 (45')	Bodypump 11h00 (45')	LesMills Core 12h00 (30')											
				RPM* 10h00 (45')	Sprint* 11h00 (45')												
			Aquabiking* 09h00 (45')	Aquawork 10h00 (45')	Aquadynamic 11h00 (45')	Aquabiking* 12h00 (45')											

* Cours sur réservation

Salle de cours	Plateau	Studio Bike	Extérieur	Piscine
----------------	---------	-------------	-----------	---------