

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 Anti-stress 07h30 (60')		Bodypump 09h15 (45')	Bodybalance 10h15 (60')		Boxing* 12h30 (60')			Yoga Energie 15h00 (60')		Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodyattack 19h30 (45')	Pole Dance* 20h30 (75')	
					RPM* 10h15 (45')							RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')		
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')						Aquawork 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
				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')	Zumba 19h30 (45')	Boxing* 20h30 (60')	
							RPM* 12h30 (45')					Sprint* 17h30 (45')	RPM* 18h30 (45')	RPM* 19h30 (45')		
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquagym 11h15 (45')		Aquawork 12h30 (45')				Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Aquabiking* 20h30 (45')	
Mardi 07h-22h				Bodybalance 09h15 (45')	Yoga Anti-stress 10h15 (60')		LesMills Core 12h30 (45')					Bodypump 17h30 (45')	Bodycombat 18h30 (45')	Bodypump 19h30 (45')	LesMills Core 20h30 (45')	
					RPM* 10h15 (45')								RPM* 18h30 (45')	Sprint* 19h30 (45')		
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')				Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
				Pilates 09h15 (45')	Yoga Anti-stress 10h15 (60')		LesMills Core 12h30 (45')					Bodyjam 17h30 (45')	Bodycombat 18h30 (45')	Bodypump 19h30 (45')	LesMills Core 20h30 (45')	
					RPM* 10h15 (45')								RPM* 18h30 (45')	Sprint* 19h30 (45')		
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')				Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Mercredi 07h-22h				Bodybalance 09h15 (45')	Stretching 10h15 (60')		Pilates 12h30 (60')					LesMills Core 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')	
							RPM* 12h30 (45')						Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Bodybalance 09h15 (45')	Stretching 10h15 (60')		Pilates 12h30 (60')					LesMills Core 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')	
							RPM* 12h30 (45')						Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Aquadynamic 08h15 (45')	Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')		Aquawork 12h30 (45')				Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquawork 19h30 (45')	Aquabiking* 20h30 (45')	
				Bodybalance 09h15 (45')	Stretching 10h15 (60')		Pilates 12h30 (60')					LesMills Core 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')	
							RPM* 12h30 (45')						Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquabiking* 12h30 (45')				Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Jeudi 07h-22h				Bodybalance 09h15 (45')	Stretching 10h15 (60')		Pilates 12h30 (60')					LesMills Core 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')	
							RPM* 12h30 (45')						Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Bodybalance 09h15 (45')	Stretching 10h15 (60')		Pilates 12h30 (60')					LesMills Core 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')	
							RPM* 12h30 (45')						Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Aquadynamic 08h15 (45')	Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')		Aquawork 12h30 (45')				Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquawork 19h30 (45')	Aquabiking* 20h30 (45')	
				Bodybalance 09h15 (45')	Stretching 10h15 (60')		Pilates 12h30 (60')					LesMills Core 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')	
							RPM* 12h30 (45')						Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquabiking* 12h30 (45')				Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 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')					Yoga Energie 17h30 (45')	Bodypump 18h30 (45')	Bodycombat 19h30 (45')	Stretching 20h30 (60')	
							RPM* 12h30 (45')						RPM* 18h30 (45')	RPM* 19h30 (45')		
				Bodybalance 09h15 (45')	Stretching 10h15 (60')		Pilates 12h30 (60')					Yoga Energie 17h30 (45')	Bodypump 18h30 (45')	Bodycombat 19h30 (45')	Stretching 20h30 (60')	
							RPM* 12h30 (45')						RPM* 18h30 (45')	RPM* 19h30 (45')		
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquabiking* 12h30 (45')				Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Aquadynamic 10h00 (45')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')										
				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Pilates 10h00 (45')	Bodypump 11h00 (45')	Stretching 12h00 (60')										
					Sprint* 11h00 (45')											
				Aquawork 10h00 (45')	Aquadynamic 11h00 (45')	Aquabiking* 12h00 (45')										
Samedi 08h-20h				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Aquadynamic 10h00 (45')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')										
				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Pilates 10h00 (45')	Bodypump 11h00 (45')	Stretching 12h00 (60')										
					Sprint* 11h00 (45')											
				Aquawork 10h00 (45')	Aquadynamic 11h00 (45')	Aquabiking* 12h00 (45')										
Dimanche 08h-17h				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Aquadynamic 10h00 (45')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')										
				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')					Bodycombat 15h45 (45')	Stretching 16h30 (45')			
					Sprint* 10h00 (45')	RPM* 11h00 (45')										
				Pilates 10h00 (45')	Bodypump 11h00 (45')	Stretching 12h00 (60')										
					Sprint* 11h00 (45')											
				Aquawork 10h00 (45')	Aquadynamic 11h00 (45')	Aquabiking* 12h00 (45')										

* Cours sur réservation

Salle de cours	Plateau	Studio Bike	Piscine
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