

PLANNING DES COURS COLLECTIFS

	7h	8h	9h	MATIN 10h	11h	12h	MIDI 13h	14h	15h	APRÈS-MIDI 16h	17h	18h	19h	20h	21h	22h
Lundi 07h-22h		Yoga 07h15 (45')		Bodysculpt 09h15 (45')	LesMills Core 10h15 (45')	Stretching 11h00 (45')	Bodypump 12h30 (60')		Pilates 14h30 (60')	Tai Chi 16h00 (45')	Bodysculpt 17h00 (45')	Step 1 17h45 (45')	Boxing 18h30 (45')	Pilates 19h15 (45')	Zumba 20h15 (45')	
				Pilates* 10h15 (45')			TRX* 12h30 (45')					Pilates Ball* 17h00 (45')	Grit Force* 17h45 (45')	Bodybalance* 18h30 (45')	LesMills Core* 19h15 (45')	Yoga Anti-stress* 20h15 (60')
				Wellcircuit* 09h15 (60')									Cross training* 18h00 (60')	TRX* 19h00 (45')		Cross training* 20h00 (60')
				RPM* 09h15 (45')										RPM* 18h30 (45')	RPM* 19h30 (45')	
				Aquawork 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquadynamic 12h30 (45')					Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')		
Mardi 07h-22h				Bodypump 09h15 (60')	Step 10h30 (45')	Yoga Energie 11h30 (45')	Boxing* 12h30 (60')		Bodysculpt 14h30 (45')	Pilates 16h00 (60')		Self-Defense 17h30 (45')	Bodypump 18h15 (45')	Bodyattack 19h15 (45')	Bodyjam 20h15 (60')	
				Pilates* 08h30 (45')	Bodybalance* 10h30 (45')	Bodysculpt* 11h30 (45')						Yoga Energie* 17h00 (45')	Grit Cardio* 18h00 (45')	LesMills Core* 18h45 (30')	Pilates Ball* 19h15 (45')	Bodybalance* 20h00 (60')
							Cross Training* 12h30 (60')							Cross Training* 18h30 (60')	TRX* 19h30 (45')	
							RPM* (45')							RPM* 18h30 (45')	Sprint* 19h30 (45')	
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquatonus 11h15 (45')	Aquabiking 12h30 (45')					Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquatonus 19h30 (45')	
Mercredi 07h-22h				C.A.F. 09h15 (45')	Pilates 10h15 (45')	Stretching 11h00 (45')	Bodysculpt 12h30 (45')				Afro Move 16h15 (45')	Bodypump 17h30 (45')	C.A.F. 18h30 (45')	Boxing* 19h15 (45')	Pole Dance* 20h15 (90')	
				Qi Gong* 09h00 (60')			Yoga* 12h30 (60')					Yoga Energie* 17h00 (45')	LesMills Core* 18h00 (30')	Yoga Anti-stress* 19h15 (60')	Stretching* 20h30 (45')	
				Wellcircuit E-Zone* 09h15 (60')			TRX* 12h30 (45')							TRX* 18h30 (45')	Cross Training* 19h30 (60')	
				RPM* 09h15 (45')										RPM* 18h30 (45')	RPM* 19h30 (45')	
				Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')					Aquatonus 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
Jeudi 07h-22h				Yoga Energie 09h00 (60')	C.A.F. 10h15 (45')		Self-Defense 12h30 (60')		Stretching 14h30 (45')		Bodysculpt 16h30 (45')	Pilates 17h15 (45')	Bodycombat 18h00 (45')	Bodypump 19h00 (45')	Bodyjam 20h00 (60')	
						Pilates Ball* 11h15 (45')	Bodybalance* 12h30 (60')				Yoga Energie* 16h45 (60')		Grit Cardio* 18h15 (45')	Bodybalance* 19h00 (45')	Yoga Anti-stress* 20h00 (60')	
							Cross Training* 12h30 (60')							Cross Training* 18h30 (60')	TRX* 19h30 (45')	Cross Training* 20h30 (60')
							RPM* 12h30 (45')							Sprint* 18h30 (45')	RPM* 19h30 (45')	
				Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquawork 11h15 (45')	Aquagym 12h30 (45')					Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquadynamic 19h30 (45')	
Vendredi 07h-22h				Pilates 09h15 (45')	Stretching 10h15 (60')	Qi Gong* 11h30 (45')	C.A.F. 12h30 (45')				Pole Dance* 16h30 (90')	Yoga Energie 18h00 (45')	Step 19h00 (45')	Afro Move 20h00 (60')		
							Yoga* 12h30 (60')					Grit Force* 17h30 (45')	Bodysculpt* 18h15 (45')	Pilates Ball* 19h00 (45')		
							TRX* 12h30 (45')					TRX* 17h30 (45')	Cross Training* 18h30 (60')		Sprint* 19h30 (45')	
														RPM* 18h30 (45')		
				Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')	Aquadynamic 12h30 (45')					Aquatonus 17h30 (45')	Aquabiking* 18h30 (45')			
Samedi 08h-20h				Pilates 08h30 (45')	Bodysculpt 09h15 (45')	Bodyattack 10h00 (45')	Bodypump 11h00 (45')	Bodybalance 12h00 (60')			Bodycombat 15h30 (45')	C.A.F. 16h30 (45')	Stretching 17h15 (45')			
						Cross Training* 10h00 (60')										
							RPM* 11h15 (45')									
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')									
Dimanche 08h-17h				Bodypump 09h15 (45')	Bodybalance 10h15 (45')	LesMills Core 11h15 (60')										
						TRX* 11h15 (45')										
					RPM* 10h15 (45')											
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')	Aquagym 12h15 (45')									

* Cours sur réservation

Salle de cours	Studio Zen	Plateau	Studio Bike	Piscine
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