

# PLANNING DES COURS COLLECTIFS

	MATIN					MIDI		APRÈS-MIDI					SOIR				
	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h		
<b>Lundi</b> 08h-22h		A.F. (08h45 (30')) Bodysculpt (09h15 (45'))	Stretching (10h00 (30')) Pilates (10h30 (45'))	A.F. (11h15 (30'))		Bodypump (12h30 (60'))		A.F. (14h00 (30')) Pilates (14h30 (45')) Pole Dance* (15h15 (90'))		A.F. (17h00 (30')) Step (17h30 (45'))	Bodypump (18h15 (45')) Cross Training* (18h15 (60'))	Bodyattak (19h15 (45')) Cross Training* (19h15 (60'))	Bodyjam (20h15 (60'))				
<b>Mardi</b> 08h-22h		Gym Soft (08h30 (45')) C.A.F. (09h15 (45'))	LesMills Dance (10h00 (45')) Wellcircuit* (10h15 (45'))	Stretching (11h00 (45'))		Hatha Yoga (12h30 (60')) Cross Training* (12h30 (60'))		Qi Gong (14h30 (60'))	Bodysculpt (15h45 (45'))	Stretching (16h30 (45'))	Bodypump (17h30 (45')) Cross Training* (17h30 (60'))	C.A.F. (18h30 (45')) Cross Training* (18h30 (60'))	Bodycombat (19h15 (45'))	Bodybalance (20h15 (60'))			
<b>Mercredi</b> 08h-22h		Bodypump (08h30 (45'))	A.F. (09h30 (30'))	Stretching (10h00 (30')) Bodysculpt (10h30 (45'))	Bodybalance (11h15 (60'))	Boxing* (12h30 (60'))			A.F. (15h30 (30')) Bodybalance (16h00 (60'))	Boxing* (17h15 (45'))	Bodypump (18h15 (45')) Cross Training* (18h30 (60'))	Bodyjam (19h15 (45'))	Pole Dance* (20h15 (75'))				
<b>Jeudi</b> 08h-22h		C.A.F. (08h15 (45')) Bodybalance (09h00 (45'))	Zumba (10h00 (45')) Wellcircuit* (10h15 (45'))	Pilates (11h00 (45'))	Bodysculpt (11h45 (45'))	Bodybalance (12h30 (60')) Cross Training* (12h30 (60'))			Bodysculpt (15h00 (45')) Stretching (15h45 (30'))	A.F. (17h00 (30'))	Bodybalance (17h30 (45')) Bodycombat (18h15 (45'))	Bodypump (19h15 (45')) Cross Training* (19h00 (60'))	Pilates (20h15 (45'))				
<b>Vendredi</b> 08h-22h		Tai Chi (08h15 (45')) Bodysculpt (09h15 (45'))	Stretching (10h00 (30')) Bodypump (10h30 (45'))	A.F. (11h30 (30'))		LesMills Dance (12h30 (60'))		Yoga Anti-stress (14h45 (60'))	C.A.F. (16h00 (45'))	Bodypump (16h45 (45'))	Zumba (17h45 (45')) Cross Training* (17h45 (60'))	Bodybalance (18h45 (45'))	Boxing* (19h30 (45')) Welldance (20h30 (60'))				
<b>Samedi</b> 09h-20h			Pilates (09h30 (45')) Bodypump (10h15 (45'))	Bodyattak (11h30 (45')) Cross Training* (11h30 (60'))	Stretching (12h30 (45'))			Pole Dance* (14h00 (90')) Cross Training* (14h30 (60'))	Boxing* (15h30 (45'))	Stretching (16h30 (30'))							
<b>Dimanche</b> 09h-17h			Bodybalance (09h30 (45'))	Bodysculpt (10h30 (45')) RPM* (10h30 (45'))	Bodypump (11h30 (45')) RPM* (11h30 (45'))	Stretching (12h30 (45'))											

\* Cours sur réservation

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