

PLANNING DES COURS COLLECTIFS

	MATIN						MIDI		APRÈS-MIDI						SOIR			
	6h30	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h	
Lundi 6h30-22h		Pilates* 07h00 (60')	CAF* 08h15 (45')	Yoga Anti-stress* 09h15 (45')	Bodysculpt* 10h15 (45')	Cross- Training* 11h15 (30')	Core Training* 12h00 (30')	Bodypump* 12h45 (45')			Bodybalance* 15h00 (45')		Boxing* 16h30 (45')	HIIT* 17h30 (45')	Zumba* 18h30 (45')	Bodypump* 19h30 (45')	Stretching* 20h30 (45')	
								Sprint* 12h30 (30')						RPM* 18h30 (45')				
Mardi 6h30-22h		Cross Training* 07h00 (45')	Bodypump* 08h15 (45')	Pilates* 09h15 (45')	Zumba* 10h15 (45')	Mobility* 11h15 (30')	HIIT* 12h00 (30')	Core Training* 12h45 (45')			CAF* 15h30 (45')	Yoga Energie* 16h30 (45')	Bodypump* 17h30 (45')	Bodycombat* 18h30 (45')	Bodybalance* 19h30 (45')	Mobility* 20h30 (45')		
								RPM* 12h30 (45')							Spinning* 19h30 (45')			
Mercredi 6h30-22h		Yoga Energie* 07h00 (60')	Step* 08h15 (45')	Bodypump* 09h15 (45')	Gym Soft* 10h15 (45')	HIIT Boxing* 11h15 (30')	CAF* 12h00 (30')	Bodybalance* 12h45 (45')		Pilates* 15h00 (45')		Pole Dance* 16h30 (45')	Body Attack* 17h30 (45')	Bodypump* 18h30 (45')	Boxing* 19h30 (45')	Bodybalance* 20h30 (45')		
								Spinning* 12h30 (45')				HYROX Training* 16h30 (45')		RPM* 18h30 (45')	Sprint* 19h30 (30')			
Jeudi 6h30-22h		Bodypump* 07h00 (45')	Body Attack* 08h15 (45')	Bodysculpt* 09h15 (45')	Yoga Anti-stress* 10h15 (60')		Cross- Training* 12h00 (30')	Boxing* 12h45 (45')			Abdos-Stretching* 15h30 (45')	Pilates* 16h30 (45')	C.A.F.* 17h30 (45')	Zumba* 18h30 (45')	Cross Training* 19h30 (45')	Yoga Flow* 20h30 (45')		
								RPM * 12h30 (45')						Sprint * 18h30 (30')				
Vendredi 6h30-22h		C.A.F.* 07h00 (45')	Pilates* 08h15 (45')	Bodypump* 09h15 (45')	Bodybalance* 10h15 (45')	Mobility* 11h15 (30')	Abdos* 12h00 (30')	Yoga Energie* 12h45 (60')		Body sculpt* 15h00 (45')	Stretching* 16h00 (45')		Cross Training* 17h30 (45')	Boxing* 18h30 (45')	Mobility* 19h30 (45')	Pole Dance* 20h30 (45')		
				Spinning* 09h15 (45')				Sprint* 12h30 (30')						RPM* 18h30 (45')				
Samedi 8h-20h				Bodypump* 09h15 (45')	Zumba* 10h15 (45')	Bodysculpt* 11h15 (45')	Pilates* 12h15 (45')	Bodypump* 13h15 (45')		Boxing* 15h15 (45')								
									Spinning* 14h15 (45')									
Dimanche 9h-20h				Pilates* 09h15 (45')	Bodypump* 10h15 (45')	Gym Soft* 11h15 (45')	Boxing* 12h15 (45')			Body sculpt* 14h15 (45')								
								RPM* 13h15 (45')										

Sous réserve de modification ou annulation pendant les vacances scolaires

Pure Performance

Salle de cours

Studio Bike

* L'intégralité des cours sont sur réservation