

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')																																						
	HYROX Training* 06h45 (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')		Bodyart* 12h45 (60')				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')																																												
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')		LM Dance* 18h30 (45')		Bodyart* 19h30 (45')		Cross Training* 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')				Bodysculpt* 15h00 (45')		Stretching* 16h00 (45')				Cross Training* 17h30 (45')		Boxing* 18h30 (45')		Mobility* 19h30 (45')		Pole Dance* 20h30 (45')																																								
	HYROX Training* 07h00 (45')						Spinning* 09h15 (45')						Sprint* 12h30 (30')														RPM* 18h30 (45')																																												
Samedi 8h-20h							Bodysculpt* 09h15 (45')		Zumba* 10h15 (45')		Bodypump* 11h15 (45')		Pilates* 12h15 (45')		Boxing* 13h15 (45')				Spinning* 14h15 (45')																																																				
Dimanche 9h-20h							Pilates* 09h15 (45')		Bodypump* 10h15 (45')		Gym Soft* 11h15 (45')		Boxing* 12h15 (45')				Bodydysculpt* 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