

# 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	
<b>Lundi</b> 6h30-22h		Pilates* 07h00 (45')		Bodypump* 08h15 (45')	Yoga Anti-stress* 09h15 (45')	Bodysculpt* 10h15 (45')	Cross Training* 11h15 (30')	Abdos* 12h00 (30')		Bodypump* 12h45 (45')		Bodybalance* 15h00 (45')		Boxing* 16h30 (45')	HIIT* 17h30 (45')	Bodyjam* 18h30 (45')	Bodypump* 19h30 (45')	Stretching* 20h30 (45')
								Sprint* 12h30 (30')						RPM* 18h30 (45')	Sprint* 19h30 (30')			
<b>Mardi</b> 6h30-22h		Cross Training* 07h00 (45')		Bodypump* 08h15 (45')	Pilates* 09h15 (45')	Zumba* 10h15 (45')		HIIT* 12h00 (30')		BodyArt* 12h45 (60')		CAF* 15h00 (45')		Yoga Energie* 16h30 (45')	Bodypump* 17h30 (45')	Bodycombat** 18h30 (45')	Bodybalance* 19h30 (45')	Pole Dance* 20h30 (45')
								RPM* 12h30 (45')								Sprint* 18h30 (30')	RPM* 19h30 (45')	
<b>Mercredi</b> 6h30-22h		Yoga Energie* 07h00 (60')		Bodysculpt** 08h15 (45')	Bodypump* 09h15 (45')	Gym Soft* 10h15 (45')		Abdos* 12h00 (30')		Bodybalance* 12h45 (45')		Pilates* 15h00 (45')		Cross Training* 16h30 (45')	Pole Dance* 17h30 (45')	Bodypump* 18h30 (45')	Boxing* 19h30 (45')	Bodybalance* 20h30 (45')
								RPM* 12h30 (45')								RPM* 18h30 (45')	Sprint* 19h30 (30')	
<b>Jeudi</b> 6h30-22h		Bodypump* 07h00 (45')			Bodysculpt* 09h15 (45')	Yoga Anti-stress* 10h15 (60')		HIIT* 12h00 (30')		Boxing* 12h45 (45')		Abdos* 15h00 (45')		Pilates* 16h30 (45')	C.A.F.* 17h30 (45')	BodyArt* 18h30 (45')	Cross Training* 19h30 (45')	Pilates* 20h30 (45')
								RPM* 12h30 (45')								Sprint* 18h30 (30')		
<b>Vendredi</b> 6h30-22h		C.A.F.* 07h00 (45')		Pilates* 08h15 (45')	Bodybalance* 09h15 (45')	Bodypump* 10h15 (45')		Abdos* 12h00 (30')		Yoga Energie* 12h45 (60')					Cross Training* 17h30 (45')	Pole Dance* 18h30 (45')	BodyBalance* 19h30 (45')	
					RPM* 09h15 (45')											RPM* 18h30 (45')		
<b>Samedi</b> 8h-20h				Bodypump* 09h15 (45')	Zumba* 10h15 (45')	Bodysculpt** 11h15 (45')		Pilates* 12h15 (45')		Bodypump* 14h00 (45')				Boxing* 16h00 (45')				
					RPM* 10h15 (45')						RPM* 15h00 (45')							
<b>Dimanche</b> 9h-20h				Pilates* 09h15 (45')	Bodypump* 10h15 (45')	Gym Soft* 11h15 (45')		Boxing* 12h15 (45')			Bodysculpt* 14h15 (45')							
									RPM* 13h15 (45')									

Sous réserve de modification ou annulation pendant les vacances scolaires



\* Cours sur réservation