

# PLANNING DU LUNDI 16 DÉCEMBRE 2024 AU DIMANCHE 05 JANVIER 2025

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

Votre fitness sera ouvert les Mardis 24 et 31 Décembre de 6h30 à 17h00.

Fermeture exceptionnelle de votre fitness les Mercredis 25 Décembre et 1<sup>er</sup> Janvier.

Studio

RPM

\* L'intégralité des cours sont sur réservation