

PLANNING DES COURS COLLECTIFS

	7h	8h	9h	MATIN	10h	11h	12h	MIDI	13h	14h	15h	16h	APRÈS-MIDI	17h	18h	19h	20h	21h	22h
Lundi 07h-22h		Qi Gong 08h00 (60')		Bodysculpt 09h15 (45')	Stretching 10h00 (45')	C.A.F. 10h45 (45')		Bodypump 12h30 (60')			Pilates 1 14h30 (60')			C.A.F. 17h00 (45')	Step 1 17h45 (45')	Bodysculpt 18h30 (45')	Stretching 19h15 (45')	Zumba 20h15 (45')	
				Wellcircuit 09h15 (60')				TRX* 12h30 (45')						Total Recup* 17h00 (45')	Grit Force* 17h45 (45')	Pilates 1* 18h30 (45')	Danse Tahitienne* 19h15 (60')	Yoga Anti-stress* 20h15 (60')	
				RPM 09h15 (45')										Sprint 17h30 (45')	RPM 18h30 (45')	RPM 19h30 (45')	Cross training* 19h30 (60')		
				Aquawork 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')			Aquabiking* 14h30 (45')			Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')		
Mardi 07h-22h			Pilates 1 08h30 (45')	Bodypump 09h15 (60')	Bodybalance 10h30 (60')	Yochiga 11h30 (60')	Boxing* 12h30 (60')		Bodysculpt 14h30 (45')					Boxing* 17h00 (60')	Bodypump 18h00 (60')	Bodyattack 19h00 (60')	Bodyjam 20h00 (60')		
					Step 1* 10h30 (45')	Total Recup* 11h30 (45')								Pilates 2* 16h15 (45')	Yoga Energie* 17h00 (60')	Grit Cardio* 18h00 (45')	CX Worx* 18h45 (30')	Pilates Ball* 19h15 (45')	Bodybalance* 20h00 (60')
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		RPM 12h30 (45')							RPM 17h30 (45')	RPM 18h30 (45')	RPM 19h30 (45')	Sprint 19h30 (45')	
				Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')			Aquabiking* 14h30 (45')				Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	
Mercredi 07h-22h		Yoga Energie 07h30 (60')		C.A.F. 09h15 (45')	Pilates 1 10h00 (45')	Stretching 10h45 (45')		Bodysculpt 12h30 (45')			Yoga Anti-stress 14h30 (60')		Zumba 16h15 (45')		Bodypump 18h30 (60')	Step 1 18h30 (45')	Boxing* 19h15 (60')	Pole Dance* 20h15 (90')	
				Wellcircuit 09h15 (60')				TRX* 12h30 (45')							CX Worx* 17h00 (30')	Grit Plyo* 17h30 (45')	C.A.F.* 18h30 (45')	Danse Orientale* 19h15 (60')	Total Recup* 20h15 (45')
				RPM 09h15 (45')														Cross Training* 19h30 (60')	
				Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		Aquadynamic 12h30 (45')			Aquabiking* 14h30 (45')				Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	
Jeudi 07h-22h		Tai Chi 08h15 (60')		Step 1 09h15 (45')	C.A.F. 10h00 (45')			Bodybalance 12h30 (60')			Stretching 14h30 (45')			Bodysculpt 16h30 (45')	Bodypump 17h30 (60')	CX Worx 18h30 (30')	Bodycombat 19h00 (60')	Ragga Dance 20h00 (60')	
				Yoga Energie* 09h15 (60')		Pilates Ball* 10h45 (45')								Yoga Energie* 16h30 (60')	Pilates 1* 17h30 (45')	Grit Cardio* 18h15 (45')	Bodybalance* 19h00 (60')	Yoga Anti-stress* 20h00 (60')	
								RPM 12h30 (45')										Cross Training* 19h30 (60')	TRX* 19h30 (45')
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquawork 11h15 (45')		Aquabiking* 12h30 (45')							Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	
Vendredi 07h-22h				Pilates 1 09h15 (60')	Stretching 10h15 (60')			C.A.F. 12h30 (45')			C.A.F. 14h30 (45')		Pole Dance* 15h45 (90')		Bodysculpt 17h30 (45')	L.I.A 1 18h15 (45')	Step 2 19h00 (60')		
				Wellcircuit 09h15 (60')				TRX* 12h30 (45')							Total Recup* 17h15 (45')	Yochiga* 18h00 (60')	Pilates Ball* 19h00 (45')	Grit Force* 19h45 (45')	
				RPM 09h15 (45')											TRX* 17h30 (45')		Cross Training* 18h30 (60')		
				Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		Aquadynamic 12h30 (45')							Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 18h30 (45')	Sprint 19h30 (45')	
Samedi 08h-20h			Pilates 1 08h30 (45')	Bodysculpt 09h15 (45')	Bodybalance 10h00 (60')	Bodyattack 11h00 (60')	Bodypump 12h00 (60')						Bodycombat 15h30 (60')	C.A.F. 16h30 (45')	Stretching 17h15 (45')				
					Sprint 10h15 (45')	RPM 11h15 (45')													
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')												
Dimanche 08h-17h		CX Worx 08h30 (30')		Bodypump 09h15 (60')	Bodyjam 10h15 (60')	Bodybalance 11h15 (60')													
					RPM 10h15 (45')	Sprint 11h15 (45')													
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')	Aquadynamic 12h15 (45')												

* Cours sur réservation

Salle de cours	Studio	Plateau	RPM	Piscine
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