

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 (45')		Bodypump 08h15 (45')	Yoga Anti-stress 09h15 (45')	Bodysculpt 10h15 (45')		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')		
Mardi 6h30-22h		Cross Training 07h00 (45')		Pilates 09h15 (45')	Zumba 10h15 (45')		HIIT 12h00 (30')	bodyART 12h45 (45')		Abdos 15h00 (45')		Yoga Energie 16h30 (45')	Bodypump 17h30 (45')	Bodycombat 18h30 (45')	Bodybalance 19h30 (45')	Pôle Dance * 20h30 (45')	
								RPM * 12h30 (45')						Sprint * 18h30 (30')	RPM * 19h30 (45')		
Mercredi 6h30-22h		Yoga Energie 07h00 (60')		Bodypump 09h15 (45')	Gym Soft 10h15 (45')		Abdos 12h00 (30')	Bodybalance 12h45 (45')		Yoga Anti-Stress 15h00 (60')		Bodypump 16h30 (45')	Pôle Dance * 17h30 (45')	Bodyattack 18h30 (45')	Boxing * 19h30 (45')	Bodybalance 20h30 (45')	
								RPM * 12h30 (45')						RPM * 18h30 (45')	Sprint * 19h30 (30')		
Jeudi 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')	Bodypump 19h30 (45')	Pilates 20h30 (45')	
								RPM * 12h30 (45')					RPM * 17h30 (45')	Sprint * 18h30 (30')	RPM * 19h30 (45')		
Vendredi 6h30-22h		C.A.F. 07h00 (45')	Pilates 08h15 (45')	Bodybalance 09h15 (45')	Bodypump 10h15 (45')		Abdos 12h00 (30')	Yoga Energie 12h45 (60')		Bodypump 15h00 (45')		Gym Soft 16h30 (45')	Cross Training 17h30 (45')	Bodybalance 18h30 (45')	Pôle Dance * 19h30 (45')	Abdos 20h30 (30')	
				RPM * 09h15 (45')				Sprint * 12h30 (30')					RPM * 18h00 (45')	Sprint * 19h00 (30')			
Samedi 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')							
Dimanche 9h-20h				Pilates 09h15 (45')	Bodypump 10h15 (45')	Yoga Energie 11h15 (45')	Boxing* 12h15 (45')			Bodypump 15h00 (45')							
				Sprint * 09h15 (30')		RPM * 11h30 (45')			RPM * 14h00 (45')								

Sous réserve de modification ou annulation pendant les vacances scolaires

Studio	RPM
--------	-----

*Cours sur réservation