

	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')			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')		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')	
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')		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')	
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')	Cross Training* 19h30 (45')	Pilates 20h30 (45')	
								RPM * 12h30 (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')					Cross Training* 17h30 (45')	Bodybalance 18h30 (45')	Pole Dance * 19h30 (45')		
					RPM * 09h15 (45')			Sprint * 12h30 (30')						RPM * 18h30 (45')			
Samedi 8h-20h				Bodypump* 09h15 (45')	Zumba 10h15 (45')	Bodysculpt 11h15 (45')	Pilates 12h15 (45')		Bodypump* 14h00 (45')			Boxing* 16h00 (45')					
					Sprint * 10h15 (30')					RPM * 15h00 (45')							
Dimanche 9h-20h				Pilates 09h15 (45')	Bodypump* 10h15 (45')	Gym Soft 11h15 (45')	Boxing* 12h15 (45')			Bodysculpt 14h45 (45')							
				Sprint * 09h30 (30')		RPM * 11h15 (45')			Sprint * 14h00 (30')								

Sous réserve de modification ou annulation pendant les vacances scolaires

Studio RPM

* Cours sur réservation