

PLANNING DES *COURS COLLECTIFS* À PARTIR DU 5 MAI 2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:15 - 10:00 BODYSCULPT	9:15 - 10:00 C.A.F	9:15 - 10:00 SPECIAL DOS	9:15 - 10:15 YOGA ALIGNEMENT	9:15 - 10:00 BODYBALANCE	9:15 - 10:00 CAF	
10:15 - 11:00 STRETCHING	10:15 - 11:15 HATHA YOGA	10:15 - 11:15 BODYPUMP	10:30 - 11:15 C.A.F	10:15 - 11:15 HATHA YOGA	10:15 - 11:15 YOGA ALIGNEMENT	10:30 - 11:15 BODYSCULPT
11:15 - 12:15 HATHA YOGA	11:30 - 12:15 PILATES	11:30 - 12:15 C.A.F	11:30 - 12:15 LESMILLS GRIT	11:30 - 12:15 FIT BALL	11:30 - 12:30 BODYPUMP	11:15 - 12:00 ZUMBA
12:30 - 13:30 BODYPUMP	12:30 - 13:15 BODYCOMBAT	12:30 - 13:30 HATHA YOGA	12:30 - 13:15 BODYBALANCE	12:30 - 13:15 C.A.F		
17:30 - 18:15 BODYBALANCE	17:30 - 18:30 BODYPUMP	17:30 - 18:15 SALSA BACHATA	17:30 - 18:15 PILATES	17:30 - 18:15 BODYPUMP	17h30 - 18:00 LESMILLS GRIT	
18:15 - 19:15 YOGA FLOW	18:30 - 19:15 BODYATTACK	18:30 - 19:15 ZUMBA	18:15 - 19:00 BODYCOMBAT	18:30 - 19:00 LESMILLS GRIT	18:00 - 18:45 BODYPUMP	
19:30 - 20:15 BODYCOMBAT	19:15 - 20:00 STEP	19:30 - 20:00 LESMILLS GRIT	19:00 - 19:45 BODYPUMP	19:00 - 19:45 BODYBALANCE		
20:15 - 20:45 LESMILLS GRIT	20:00 - 20:45 BODYSCULPT	20:00 - 20:45 STRETCHING	19:45 - 20:30 YOGA FLOW	20:00 - 20:45 C.A.F		

PLANNING DU GROUPE CYCLE À PARTIR DU 7 AVRIL 2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:30 11:00 SPRINT					10:15 - 11:00 CYCLING
	12:30 - 13:15 RPM		12:30 - 13:15 CYCLING	12:30 -13:00 SPRINT	
18:30 - 19:15 CYCLING		18:30 -19:15 RPM		18:30 - 19:15 CYCLING	
	19:30 - 20:00 SPRINT				

PLANNING DES COURS AQUATIQUES À PARTIR DU 7 AVRIL 2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8:30 - 9:15 AQUA GYM	8:30 - 9:15 AQUA POWER	8:30 - 9:15 AQUA SCULPT	8:30 - 9:15 AQUA TRAINING	8:30 - 9:15 AQUA BIKING	
9:30 - 10:15 AQUA TRAINING	9:30 - 10:15 AQUA SCULPT	9:30 - 10:15 AQUA BIKING	9:30 - 10:15 AQUA POWER	9:30 - 10:15 AQUA GYM	10:30 - 11:15 AQUA SCULPT
11:30 - 12:15 AQUA BOXING BAG	11:30 - 12:15 AQUA POLE	11:30 - 12:15 AQUA BOXING	11:30 - 12:15 AQUA BIKING	11:30 - 12:15 AQUA TRAINING	11:30 - 12:15 AQUA POWER
12:30 - 13:15 AQUA POLE	12:30 - 13:15 AQUA BIKING	12:30 - 13:15 AQUA POWER	12:30 - 13:15 AQUA BIKING	12:30 - 13:15 AQUA BOXING BAG	12:30 - 13:15 AQUA BIKING
18:00 - 18:45 AQUA POWER	17:45 - 18:30 AQUA BIKING	18:00 - 18:45 AQUA BIKING	17:45 - 18:30 AQUA BOXING BAG	18:00 - 18:45 AQUA TRAINING	
19:00 - 19:45 AQUA BIKING	18:45 - 19:30 AQUA BOXING	19:00 - 19:45 AQUA POWER	18:45 - 19:30 AQUA POLE	19:00 - 19:45 AQUA BIKING	

PLANNING DE LA *FUNCTIONAL ZONE* À PARTIR DU 7 AVRIL 2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:45 - 11:15 MOV'HIIT				10:45 - 11:15 MOV'HIIT	
		12:30 - 13:00 MOV'HIIT			12:30 13:00 MOV-HIIT
			17:00 - 17:30 MOV'HIIT		
18:00 - 18:30 MOV'HIIT		18:30 - 19:00 MOV'HIIT			
	18:45 - 19:15 MOV'HIIT			19:30 20:00 MOV'HIIT	