

PLANNINGS DES COURS COLLECTIFS À PARTIR DU 9 MARS 2026

FITNESS Cours collectifs

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:15 - 10:00 BODYSULPT	9:15 - 10:00 ATELIER SOPHROLOGIE	9:15 - 10:15 BODYPUMP	9:15 - 10:15 PROPRIOCEPTION	9:15 - 10:00 BODYBALANCE	9:15 - 10:00 C.A.F	
10:15 - 11:00 STRETCHING	10:15 - 11:15 HATHA YOGA	10:30 - 11:15 SPECIAL DOS	10:30 - 11:15 FIT BALL	10:15 - 11:15 HATHA YOGA	10:15 - 11:15 HATHA YOGA	10:30 - 11:15 BODYSULPT
11:15 - 12:15 HATHA YOGA	11:30 - 12:15 PILATES	11:30 - 12:15 C.A.F	11:30 - 12:15 BODYPUMP	11:30 - 12:15 PILATES	11:30 - 12:30 BODYPUMP	11:15 - 12:00 STRETCHING
12:30 - 13:30 BODYPUMP	12:30 - 13:15 C.A.F	12:30 - 13:30 HATHA YOGA	12:30 - 13:15 BODYBALANCE	12:30 - 13:15 BODYCOMBAT		
17:30 - 18:15 SPECIAL DOS	17:30 - 18:15 BODYCOMBAT	17:30 - 18:30 YOGA FLOW	17:30 - 18:15 BODYSTEP	17:30 - 18:15 BODYPUMP	17:15 - 18:00 BODYSTEP	
18:30 - 19:15 C.A.F	18:15 - 19:15 BURNING BARRE	18:30 - 19:30 LADY BOXING CLASS*	18:15 - 19:15 BODYPUMP	18:30 - 19:15 POWER YOGA	18:00 - 18:45 BODYPUMP	
19:30 - 20:30 BOXING CLASS*	19:15 - 20:00 STEP	19:30 - 20:30 BOXING CLASS*	19:30 - 20:15 BODYATTACK	19:30 - 20:15 LADY BOXING CLASS*		
	20:00 - 20:45 BODYPUMP		20:15 - 20:45 STRETCHING			

*RESERVES AUX DETENTEURS DU PACK BOXING CLASS

GROUP CYCLE Cycling, Sprint, RPM

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10:30 - 11:00 SPRINT					10:15 - 11:00 CYCLING
	12:30 - 13:15 RPM			12:30 - 13:00 SPRINT	
18h30 - 19h15 CYCLING	18:30 - 19:15 CYCLING	18:30 - 19h15 CYCLING		18:30 - 19:15 CYCLING	

AQUATIQUE *Cours collectifs*

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

MOV'HIIT *Functional zone*

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10:45 - 11:15 MOV'HIIT				10:45 - 11:15 MOV'HIIT
			17:00 - 17:30 MOV'HIIT	
		17:30 - 18:00 MOV'HIIT		
	18:15 - 19:00 MOV'N RUN			

