

PLANNINGS DES *COURS COLLECTIFS* À PARTIR DU 31 AOUT 2026

FITNESS *Cours collectifs*

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:15 - 10:00 BODYSCULPT	9:15 - 10:15 PROPRIOCEPTION	9:15 - 10:00 SPECIAL DOS	9:15 - 10:15 POWER YOGA	9:15 - 10:00 BODYBALANCE	9:15 - 10:00 C.A.F	
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 - 11:00 FITBALL	10:15 - 11:15 HATHA YOGA	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 BODYPUMP	11:15 - 12:15 HATHA YOGA	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 - 13:30 BODYPUMP		
17:30 - 18:00 CORE TRAINING	17:30 - 18:15 BODYCOMBAT	17:30 - 18:30 YOGA FLOW	17:30 - 18:15 C.A.F	17:30 - 18:15 BODYPUMP	17:00 - 17:45 BODYSCULPT	
18:15 - 19:00 POWER YOGA	18:15 - 19:15 BURNING BARRE	18:30 - 19:15 MOV'N DANCE	18:30 - 19:15 BODYATTACK	18:15 - 19:00 ZUMBA	18:00 - 18:30 STRETCHING	
19:30 - 20:30 BOXING CLASS*	19:30 - 20:15 STEP	19:30 - 20:30 BOXING CLASS*	19:15 - 20:15 BODYPUMP	19:30 - 20:30 BOXING CLASS*		

*RESERVES AUX DETENTEURS DU PACK BOXING CLASS

GROUP CYCLE *Cycling, RPM*

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					10:15 - 11:00 CYCLING
	12:30 - 13:15 RPM		12:30 - 13:15 CYCLING		
18:00 -18:45 CYCLING		18:00 - 18:45 CYCLING			
	18:30 - 19:15 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 POWER	8:30 - 9:15 AQUA TRAINING	8:30 - 9:15 AQUA BIKING	
9:30 - 10:15 AQUA TRAINING	9:30 - 10:15 AQUA SCULP	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 POWER	
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 STEP	

MOV'HIIT

Functional zone

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