



LA FONDATION

PLANNING
COURS COLLECTIFS

06:30 - 22:30 du lundi au vendredi
08:00 - 20:00 samedi, dimanche & jours fériés
www.lafondationhotel.com/club-de-sport-spa

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
07H00 (45') HIIT	07H30 (45') TRX & CORE	07H30 (45') CONDITIONING	07H30 (45') BOOTCAMP	07H00 (45') HIIT	09H30 (60') PILATES	09H30 (45') LOW BODY & ABS
07H30 (75') YOGA HATHA	08H00 (60') YOGA YIN	08H30 (45') LOW BODY & ABS	08H30 (60') PILATES	07H30 (75') YOGA HATHA	10H00 (45') AQUAFITNESS	10H00 (45') AQUATRaining
08H00 (45') LOW BODY & ABS	08H15 (60') PILATES FLOW	10H00 (90') YOGA VINYASA	10H00 (45') AQUAFITNESS	08H00 (60') BODY & CORE	10H30 (90') INITIATION HANDSTAND	10H30 (60') PILATES
10H00 (45') AQUAFITNESS	08H30 (45') BODY & STRENGHT	10H00 (45') AQUAPUNCH		10H00 (45') AQUAFITNESS	10H45 (45') BODY & STRENGHT	11H30 (90') YOGA VINYASA
	10H00 (45') AQUATRaining			11H15 (60') PILATES FONDATIONS	11H45 (60') BOXE ANGLAISE	11H45 (60') HIIT

12H15 (60') BOOTCAMP	12H15 (45') BOOTCAMP	12H15 (60') BOOTCAMP	12H00 (60') BOXE ANGLAISE	12H15 (60') FITNESS BALLET	12H15 (60') SOPHROLOGIE	12H30 (45') AQUAPUNCH
12H30 (60') YOGA AERIEN	12H15 (45') LOW BODY & ABS	12H30 (60') YOGA AERIEN	12H15 (45') BODY & CORE	12H30 (60') CONDITIONING	12H30 (45') AQUAPUNCH	12H30 (60') BOOTCAMP
12H30 (45') AQUATRaining	12H30 (45') AQUAPUNCH	12H30 (45') AQUAFITNESS	12H30 (45') AQUATRaining	12H30 (45') AQUATRaining	13H00 (45') BOOTCAMP	13H00 (60') BOXE ANGLAISE
12H30 (60') POWER PILATES	12H30 (60') PREPA HYROX	12H30 (60') FITNESS BALLET	13H15 (30') BREATH & STRETCH	12H30 (60') PILATES	12H00 (60') YOGA AERIEN	13H15 (60') BARRE AU SOL
15H00 (45') AQUAFITNESS	13H00 (60') BOXE ANGLAISE	15H00 (45') AQUATRaining	12H30 (60') PREPA HYROX	15H00 (45') AQUATRaining	13H15 (60') PORT DE BRAS	14H30 (90') MODERN CONTEMPORAIN
	13H15 (45') PILATES		13H15 (45') TRX		14H15 (60') YOGA DANSlNG	
	15H00 (45') AQUAPUNCH		15H00 (45') AQUAFITNESS			

17H00 (60') SLOW POWER FLOW	17H45 (45') PILATES	18H00 (60') FLEXIBILITY	18H15 (60') BODY & STRENGHT	17H45 (60') YOGA AERIEN	16H00 (60') PILATES	16H15 (60') YOGA AERIEN
18H00 (45') BODY & CORE	18H00 (90') YOGA FONDATIONS	18H30 (60') ATHLETIC PUNCH	18H30 (45') CONDITIONING	18H00 (45') BOOTCAMP	17H00 (45') AQUATRaining	16H30 (60') INITIATION ESCALADE
19H00 (45') AQUAPUNCH	19H00 (45') AQUAFITNESS	19H00 (45') AQUATRaining	19H00 (45') AQUAPUNCH	18H15 (90') YOGA VINYASA		17H00 (45') AQUAFITNESS
19H00 (60') PILATES	19H00 (45') BODY & STRENGHT	19H00 (60') INITIATION ESCALADE	19H30 (60') PILATES	19H00 (45') AQUAPUNCH		
19H15 (75') SLOW POWER FLOW	18H45 (60') PILATES AVANCÉ	19H30 (60') BOXE & BOOTCAMP	19H15 (90') BOXE PIEDS-POINGS	19H00 (60') PILATES		
19H30 (60') SOPHROLOGIE	19H45 (90') MODERN CONTEMPORAIN	19H30 (60') PILATES	19H30 (60') SOPHROLOGIE			
20H00 (90') BOXE ANGLAISE	19H45 (90') YIN MEDITATIF	19H15 (90') HATHA FLOW				
	20H00 (45') CONDITIONING	19H15 (45') HIIT				
		20H15 (45') TRX & CORE				
		20H15 (45') INITIATION ESCALADE				

OUTDOOR

WELLNESS

SMALL GROUP

CARDIO

AQUATIQUE

REINFORCEMENT

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