

PLANNING DES COURS COLLECTIFS

	MATIN				MIDI		APRÈS-MIDI				SOIR						
	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h		
Lundi 08h-22h		Yoga 08h30 (60')	Bodysculpt 09h30 (60')	Bodybalance 10h30 (60')		Zumba 12h30 (60')		A.F. 14h30 (30')	Stretching 15h00 (30')	C.A.F. 15h30 (45')		CX Worx 17h00 (30')	Bodypump 17h30 (60')	Bodycombat 18h30 (60')	Zumba 19h30 (60')	Bodybalance 20h30 (60')	
					Wellcircuit 11h30 (30')	Cross Training 12h30 (30')						Cross Training* 18h30 (30')		Cross Training* 19h30 (30')			
			RPM* 10h30 (45')			RPM* 12h30 (45')						Sprint* 17h30 (30')	RPM* 18h00 (45')		RPM* 19h30 (45')		
		Aquagym 08h30 (45')	Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h00 (45')					Aquabiking* 14h30 (45')	Aquagym 15h30 (45')			Aquagym 17h00 (45')	Aquaboxe 18h00 (45')	Aquabiking* 19h00 (45')	Aquabiking* 20h00 (45')
Mardi 08h-22h		Pilates 08h30 (60')	Bodypump 09h30 (60')	CX Worx 10h30 (30')	Stretching 11h00 (30')		Bodyattack 12h30 (60')		Bodybalance 15h30 (60')		Bodypump 14h30 (60')		Grit 17h00 (30')	Bodyattack 17h30 (60')	Bodypump 18h30 (60')	Bodyjam 19h30 (60')	Pilates 20h30 (60')
					Wellcircuit 11h30 (30')								Cross Training* 18h30 (30')		Cross Training* 19h30 (30')		
		RPM* 08h30 (45')				Sprint* 12h30 (30')							RPM* 17h30 (45')		RPM* 19h30 (45')		
		Aquagym 08h30 (45')		Aquabiking* 09h30 (45')	Aquagym 10h30 (45')	Aquagym 11h15 (45')		Aquabiking* 12h30 (45')			Aquagym 14h30 (45')	Aquaboxe 15h30 (45')		Aquaboxe 17h00 (45')	Aquabiking* 18h00 (45')	Aquabiking* 19h00 (45')	Aquagym 20h00 (45')
Mercredi 08h-22h		A.F. 08h30 (30')	Stretching 09h00 (30')	Zumba 09h30 (60')	Bodybalance 10h30 (60')		Bodypump 12h30 (60')		Pilates 15h30 (45')		A.F. + Stretching 14h30 (45')		CX Worx 17h00 (30')	Zumba 17h30 (60')	Bodyattack 18h30 (60')	Bodypump 19h30 (60')	Boxing* 20h30 (60')
													Cross Training* 17h30 (30')			Cross Training* 20h00 (30')	
			RPM* 09h30 (45')				RPM* 12h30 (45')								RPM* 18h30 (45')	Sprint* 19h30 (30')	
		Aquagym 08h30 (45')	Aquagym 09h15 (45')		Aquabiking* 10h15 (45')	Aquabiking* 11h00 (45')		Aquabiking* 12h30 (45')			Aquabiking* 14h30 (45')	Aquagym 15h30 (45')		Aquagym 17h00 (45')	Aquabiking* 18h00 (45')	Aquabiking* 19h00 (45')	Aquaboxe 20h00 (45')
Jeudi 08h-22h		Bodypump 08h30 (60')	Step 09h30 (60')	A.F. 10h30 (30')	Stretching 11h00 (30')		Bodycombat 12h30 (60')		A.F. 15h30 (30')		Bodypump 14h30 (60')		A.F. 17h00 (30')	Boxing* 17h30 (60')	Bodypump 18h30 (60')	Bodybalance 19h30 (60')	CX Worx 20h30 (30')
														Cross Training* 17h30 (30')		Cross Training* 19h30 (30')	
			RPM* 09h30 (45')				RPM* 12h30 (45')								RPM* 18h00 (45')		RPM* 19h30 (45')
		Aquagym 08h30 (45')		Aquabiking* 09h30 (45')	Aquabiking* 10h15 (45')		Aquaboxe 12h30 (45')				Aquaboxe 14h30 (45')	Aquagym 15h30 (45')		Aquaboxe 17h00 (45')	Aquabiking* 18h00 (45')	Aquabiking* 19h00 (45')	Aquagym 20h00 (45')
Vendredi 08h-22h		Pilates 08h30 (60')	Bodysculpt 09h30 (60')	Stretching 10h30 (30')	A.F. 11h00 (30')		Bodybalance 12h30 (60')				A.F. 14h30 (30')	Yoga 15h00 (60')		Bodycombat 17h00 (60')	Step 18h00 (60')	Bodypump 19h00 (60')	Pole Dance* 20h00 (60')
														Cross Training* 17h30 (30')	Cross Training* 18h30 (30')		
															RPM* 18h00 (45')	Sprint* 19h00 (30')	
		Aquagym 08h30 (45')	Aquagym 09h15 (45')		Aquabiking* 10h15 (45')		Aquabiking* 12h30 (45')				Aquagym 15h30 (45')			Aquagym 17h00 (45')	Aquabiking* 18h00 (45')	Aquaboxe 19h00 (45')	Aquagym 20h00 (45')
Samedi 08h-20h			Pilates 09h30 (60')	Bodypump 10h30 (60')	CX Worx 11h30 (30')	Stretching 12h00 (30')			Bodysculpt 15h00 (60')	Stretching 16h00 (30')							
						Cross Training* 12h00 (30')					Wellcircuit 14h30 (30')						
			RPM* 09h30 (45')		RPM* 10h30 (45')												
		Aquagym 08h30 (45')	Aquagym 09h15 (45')		Aquabiking* 10h15 (45')	Aquabiking* 11h00 (45')		Aquaboxe 12h30 (45')			Aquagym 14h00 (45')		Aquabiking* 15h00 (45')				
Dimanche 08h-17h		Bodysculpt 08h30 (60')	Bodyattack 09h30 (60')	A.F. 10h30 (30')	Bodybalance 11h00 (60')												
				RPM* 10h00 (45')													
		Aquagym 08h30 (45')	Aquagym 09h15 (45')		Aquabiking* 10h15 (45')	Aquabiking* 11h00 (45')											

* Cours sur réservation

Salle de cours	Plateau	RPM	Piscine
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