

PLANNING DES COURS COLLECTIFS

	MATIN					MIDI		APRÈS-MIDI				SOIR				
	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
Lundi 07h-22h			Bodybalance 08h45 (45')	Bodypump 09h30 (60')	Stretching 10h30 (60')	Cross Training* 11h30 (60')	C.A.F. 12h30 (45')		Bodysculpt 14h30 (60')		Yoga Anti-stress 16h30 (60')	Bodycombat 17h30 (60')	Sh'Bam 18h30 (45')	Bodypump 19h30 (60')	Zumba 20h30 (60')	
					RPM* 10h30 (45')		RPM* 12h30 (45')					RPM* 17h30 (45')		RPM* 19h30 (45')		
			Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')				Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')		
Mardi 07h-22h			Pilates 09h00 (45')	Zumba 09h45 (45')	C.A.F. 10h30 (45')	Bodybalance 11h15 (60')	Bodypump 12h30 (60')			C.A.F. 16h00 (45')	Pilates 16h45 (45')	Bodypump 17h30 (60')	Boxing* 18h30 (60')	Bodyattack 19h30 (60')	Bodybalance 20h30 (60')	
					RPM* 10h15 (45')								RPM* 18h30 (45')			
			Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquagym 11h15 (45')		Aquabiking* 12h30 (45')				Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')	Aquagym 18h30 (45')	Aquadynamic 19h30 (45')		
Mercredi 07h-22h			C.A.F. 09h00 (45')	Bodysculpt 09h45 (45')	Bodybalance 10h30 (60')	Cross Training* 11h30 (60')	Zumba 12h30 (60')		Bodybalance 14h30 (60')		Bodypump 16h30 (60')	Bodybalance 17h30 (60')	Step 18h30 (60')	Zumba 19h30 (60')	Yoga Energie 20h30 (60')	
												Sprint* 17h30 (45')		RPM* 19h30 (45')		
			Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquadynamic 12h30 (45')		Aquagym 14h30 (45')	Jardin d'eau 15h30 (60')	Aquagym 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
Jeudi 07h-22h			Bodysculpt 08h45 (45')	Pilates 09h30 (45')	Stretching 10h15 (45')		C.A.F. 11h45 (45')	Bodyattack 12h30 (45')				Bodysculpt 16h45 (45')	Boxing* 17h30 (60')	Bodyjam 18h30 (60')	Bodycombat 19h30 (60')	Pole Dance* 20h30 (90')
					RPM* 10h30 (45')			RPM* 12h30 (45')					RPM* 18h00 (45')		RPM* 19h30 (45')	
			Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')					Cross Training* 16h30 (60')	TRX* 17h30 (30')	Total Recup* 18h00 (30')	TRX* 19h00 (30')	Cross Training* 19h30 (60')
Vendredi 07h-22h			Yoga Energie 09h00 (60')	Bodypump 10h00 (60')	Pilates Ball 11h00 (45')	CX Worx 11h45 (45')	Bodybalance 12h30 (60')		Pilates 14h30 (60')		Yoga Anti-stress 16h30 (60')	Bodyattack 17h30 (60')	L.I.A. 18h30 (60')	Step 19h30 (45')	Salsa 20h30 (60')	
													RPM* 18h30 (45')			
			Aquadynamic 09h15 (45')		Wellcircuit 10h15 (45')		Aquagym 12h30 (45')		Aquabiking* 14h30 (45')		Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')			
Samedi 09h-20h			Pilates 09h15 (45')	Bodypump 10h15 (60')	Bodyattack 11h15 (60')	Boxing* 12h15 (60')			Bodypump 14h30 (60')	Stretching 15h30 (45')						
Dimanche 09h-17h			Bodypump 09h30 (60')	CX Worx 10h30 (45')			Stretching 12h15 (45')									
			Aquadynamic 09h30 (45')	Aquabiking* 10h30 (45')												

* Cours sur réservation

Salle de cours	Plateau	RPM	Piscine
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