

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				Yoga Energie 09h15 (45')	Bodypump* 10h15 (45')		Boxing* 12h30 (45')					Step 17h00 (45')	LesMills Core 18h00 (30')	Bodypump* 18h45 (45')	Boxing* 19h45 (45')	Pole Dance* 20h45 (45')	
			Aquagym* 08h30 (45')	Aquabiking* 09h30 (45')	Aquapilates* 10h30 (45')	Aquaboxe* 11h30 (45')	Aquabiking* 12h30 (45')					Aquayoga* 15h00 (45')		Aquagym* 17h30 (45')	Aquabiking* 18h30 (45')	Aquacardio* 19h30 (45')	Aquabiking* 20h30 (45')
Mardi 07h-22h	Pilates 07h30 (45')			Bodysculpt 09h15 (45')	Stretching 10h15 (45')		Pilates 12h45 (45')					Abdos 17h00 (30')	Bodypump* 17h45 (45')	Bodycombat 18h45 (45')	LesMills Dance 19h45 (45')	Krav Maga 20h30 (45')	
					RPM* 10h15 (45')		Cross Training* 12h30 (45')						Aquabiking* 17h30 (45')	Aquacardio* 18h30 (45')	Aquabiking* 19h30 (45')		
Mercredi 07h-22h				Bodypump* 09h15 (45')	Pilates 10h15 (45')		Abdos 12h00 (30')	C.A.F. 12h45 (45')					Pole Dance* 17h45 (45')	Bodyattack 18h45 (45')	Bodybalance 19h45 (45')	Boxing* 20h45 (45')	
	RPM* 07h30 (45')		Aquabiking* 08h30 (45')	Aquaboxe* 09h30 (45')	Aquagym* 10h30 (45')		Aquabiking* 12h30 (45')				Aquabiking* 15h00 (45')		Aquacardio* 17h30 (45')	Aquabiking* 18h30 (45')	Aquaboxe* 19h30 (45')	Aquagym* 20h30 (45')	
Jeudi 07h-22h				Pilates 09h15 (45')	Yoga Anti-stress 10h15 (45')		Bodypump* 12h30 (45')					LesMills Core 17h00 (30')	Bodyjam 17h45 (45')	Bodybalance 18h45 (45')	Bodycombat 19h45 (45')		
				Cross Training* 09h30 (45')			RPM* 12h30 (45')						RPM* 17h30 (45')	Spinning* 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 07h-22h				LesMills Core 09h15 (30')	Stretching 10h00 (30')	Bodypump* 10h45 (45')	Bodybalance 12h30 (45')						Bodyattack 17h30 (45')	Pilates 18h30 (45')	Bodypump* 19h30 (45')		
	Aquabiking* 07h30 (45')	Aquapilates* 08h30 (45')	Aquagym* 09h30 (45')		RPM* 10h15 (45')		Aquabiking* 12h30 (45')					Aquaboxe* 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')			
Samedi 09h-20h					Bodypump* 10h15 (45')	Zumba 11h15 (45')	Boxing* 12h15 (45')				Bodypump* 15h15 (45')						
				Cross Training* 09h15 (45')													
			Aquagym* 09h15 (45')	Aquabiking* 10h15 (45')	Aquaboxe* 11h15 (45')	Aquacardio* 12h15 (45')											
Dimanche 09h-17h				Bodysculpt 09h15 (45')	Stretching 10h15 (45')	C.A.F. 11h15 (45')											
			Aquabiking* 09h15 (45')	Aquaboxe* 10h15 (45')	Aquabiking* 11h15 (45')												

* Cours sur réservation

Salle de cours	Zone fonctionnelle	Studio Bike	Piscine
----------------	--------------------	-------------	---------

Sous réserve de modification ou annulation pendant les vacances scolaires