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

- Pilates 08h15 (60')
- Bodysculpt 09h15 (45')
- RPM* 09h15 (45')
- Aquadynamic 09h15 (45')
- CX Worx 10h15 (30')
- Aquabiking* 10h15 (45')
- Bodybalance 10h45 (60')
- Wellcircuit 11h30 (45')
- Aquabiking* 11h15 (45')
- Bodypump 12h30 (60')
- RPM* 12h30 (45')
- Cross Training* 12h30 (60')
- Aquabiking* 12h30 (45')
- C.A.F 14h15 (45')
- RPM* 15h00 (45')
- Aquagym 15h00 (45')
- Yoga Energie 16h00 (60')
- Grit Force 17h00 (30')
- Bodyattack 17h30 (60')
- RPM* 17h30 (45')
- Aquagym 17h30 (45')
- Bodypump 18h30 (60')
- RPM* 18h30 (45')
- Cross Training* 18h30 (60')
- Aquadynamic 18h30 (45')
- Zumba 19h30 (60')
- Sprint* 19h30 (45')
- Cross Training* 19h30 (60')
- Aquabiking* 19h30 (45')
- Boxing* 20h30 (60')
- Total Recup* 20h30 (45')
- Aquabiking* 20h30 (45')

Mardi 07h-22h

- Bodysculpt 08h30 (45')
- Zumba 09h15 (45')
- Aquabiking* 09h15 (45')
- A.F 10h00 (30')
- RPM* 10h00 (45')
- Stretching 10h30 (45')
- Aquagym 10h15 (45')
- CX Worx 12h00 (30')
- Bodycombat 12h30 (60')
- Sprint* 12h30 (30')
- Aquadynamic 12h30 (45')
- Pilates 14h00 (60')
- Bodybalance 15h00 (60')
- CX Worx 16h00 (30')
- Boxing* 16h30 (60')
- Bodypump 17h30 (60')
- Sprint* 17h30 (45')
- Cross Training* 17h30 (60')
- Aquabiking* 17h30 (45')
- Bodyattack 18h30 (60')
- RPM* 18h30 (45')
- Cross Training* 18h30 (60')
- Aquabiking* 18h30 (45')
- Bodyjam 19h30 (60')
- RPM* 19h30 (45')
- Cross Training* 19h30 (60')
- Aquadynamic 19h30 (45')
- Bodybalance 20h30 (45')
- Aquabiking* 20h30 (45')

Mercredi 07h-22h

- Bodypump 09h15 (60')
- Aquagym 09h15 (45')
- Yoga Anti-stress 10h15 (60')
- Aquabiking* 10h15 (45')
- Pilates 12h30 (60')
- RPM* 12h30 (45')
- Aquabiking* 12h30 (45')
- Bodysculpt 15h00 (45')
- Danse Orientale 16h00 (60')
- Boxing* 17h30 (60')
- Aquadynamic 17h30 (45')
- Sh'Bam 18h30 (45')
- Sprint* 18h30 (45')
- Cross Training* 18h30 (60')
- Aquabiking* 18h30 (45')
- CX Worx 19h15 (30')
- Bodybalance 19h45 (45')
- RPM* 19h30 (45')
- Cross Training* 19h30 (60')
- Aquabiking* 19h30 (45')
- Pole Dance* 20h30 (75')
- Cross Training* 20h30 (60')

Jeudi 07h-22h

- A.F 09h15 (30')
- RPM* 09h15 (45')
- Aquabiking* 09h15 (45')
- Bodysculpt 09h45 (45')
- Aquabiking* 10h15 (45')
- Pilates 10h30 (60')
- Wellcircuit 10h30 (45')
- Total Recup* 11h30 (45')
- Aquadynamic 11h15 (45')
- A.F 12h30 (30')
- Cross Training* 12h30 (60')
- Aquagym 12h30 (45')
- Grit Cardio 13h00 (30')
- Yoga Anti-stress 15h00 (60')
- Aquabiking* 15h00 (45')
- Grit Plyo 17h00 (30')
- Bodybalance 17h30 (60')
- Aquabiking* 17h30 (45')
- Bodycombat 18h30 (60')
- RPM* 18h30 (45')
- Cross Training* 18h30 (60')
- Aquadynamic 18h30 (45')
- Bodypump 19h30 (60')
- Sprint* 19h30 (45')
- Cross Training* 19h30 (60')
- Aquabiking* 19h30 (45')
- Grit Cardio 20h30 (30')
- Total Recup* 20h30 (45')

Vendredi 07h-22h

- Yoga Energie 08h45 (60')
- Aquadynamic 09h15 (45')
- CX Worx 09h45 (30')
- Aquabiking* 10h15 (45')
- Bodypump 10h30 (60')
- RPM* 10h30 (45')
- Wellcircuit 11h30 (45')
- Bodybalance 12h30 (60')
- RPM* 12h30 (45')
- Aquabiking* 12h30 (45')
- Bodysculpt 15h00 (60')
- Pole Dance* 16h00 (90')
- Bodysculpt 17h30 (60')
- Cross Training* 17h30 (60')
- Aquagym 17h30 (45')
- Step 18h30 (60')
- Sprint* 18h30 (45')
- Cross Training* 18h30 (60')
- Aquabiking* 18h30 (45')
- L.I.A 19h30 (60')
- RPM* 19h30 (45')
- Aquabiking* 19h30 (45')
- Stretching 20h30 (60')

Samedi 09h-20h

- Pilates 09h00 (60')
- Bodypump 10h00 (60')
- Sprint* 10h00 (45')
- Aquadynamic 10h00 (45')
- CX Worx 11h00 (30')
- RPM* 11h00 (45')
- Aquabiking* 11h00 (45')
- Boxing* 11h30 (60')
- Aquabiking* 12h00 (45')
- RPM* 15h00 (45')
- Bodysculpt 15h45 (45')
- Stretching 16h30 (45')

Dimanche 09h-17h

- Bodybalance 10h00 (60')
- RPM* 10h00 (45')
- Aquabiking* 10h00 (45')
- Bodypump 11h00 (60')
- Sprint* 11h00 (45')
- Aquagym 11h00 (45')
- CX Worx 12h00 (30')
- Aquabiking* 12h00 (45')

* Cours sur réservation

Salle de cours | Plateau | RPM | Piscine