

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Tôt						
07h45 (45') Cycling	07h45 (45') Body Pump	07h45 (45') RPM	07h45 (45') Spartan Ready	07h45 (45') RPM	08h30 (60') Power Sculpt	
Matin						
09h00 (45') CAF	09h00 (60') Basic Forme	09h00 (30') Abdos Fessiers	09h00 (60') Body Balance	09h00 (45') Power Sculpt	09h00 (60') Yoga (Iyengar)	09h30 (60') Power Sculpt
09h15 (45') Aqua Slim	09h15 (45') Aqua Punching	09h15 (45') Aqua Slim	09h15 (45') Aqua Slim	09h15 (45') Aqua Slim	09h30 (30') Abdos Fessiers	10h00 (60') Straia Yoga
09h45 (15') Abdos Express	10h00 (60') Stretching	09h30 (30') Stretching	10h00 (60') Body Pump	09h45 (15') Abdos Express	10h00 (30') Stretching	10h30 (45') Aqua Palming
10h00 (45') Stretching	11h00 (60') Pilates sculpt	10h00 (45') Basic Forme	11h00 (60') Stretching	10h00 (30') Cx Worx	10h00 (60') Yoga (Desikachar)	10h30 (30') Abdos Fessiers
11h00 (60') Body Pump		10h30 (90') Qi Gong	11h00 (60') Sophrologie	10h30 (30') Stretching	10h30 (45') Cycling	11h00 (45') RPM
		10h45 (15') Abdos Express		10h30 (90') Qi Gong	10h30 (60') Body Pump	11h00 (90') Danse Orientale
		11h00 (45') Stretching		11h00 (60') Yoga (Desikachar)	10h30 (45') Aqua Punching	11h00 (30') Stretching
					11h00 (45') Aqua Palming	11h30 (45') Aqua Fitness
					11h00 (60') Danse Orientale	11h30 (60') Body Pump
					11h30 (60') Body Combat	
Midi						
12h00 (45') Aqua Crunch	12h00 (45') Aqua Fitness	12h00 (45') Aqua Slim	12h00 (45') Aqua Fitness	12h00 (45') Aqua Fitness	12h00 (30') L.I.A. ^d	12h30 (45') Aqua Fitness
12h15 (60') Body Combat	12h15 (60') Body Pump	12h15 (45') Body Pump	12h15 (45') Body Combat	12h15 (45') CAF	12h30 (60') Zumba Fitness	12h30 (30') Cx Worx
12h30 (60') Power Sculpt	12h15 (45') RPM	12h30 (45') RPM	12h30 (45') RPM	12h30 (60') Zumba Fitness	12h30 (45') L.I.A. ⁱ	12h30 (60') Body Attack
12h30 (45') RPM	12h30 (45') Power Sculpt	12h30 (45') Power Sculpt	12h30 (45') Power Sculpt	12h45 (45') Aqua Punching	12h30 (45') Aqua Fitness	13h00 (45') RPM
12h45 (45') Aqua Fitness	12h45 (45') Aqua Slim	12h45 (45') Aqua Fitness	12h45 (45') Aqua Crunch	13h00 (30') Stretching	13h00 (45') Cycling	13h00 (120') Rock
	13h15 (30') Stretching	13h00 (45') Body Balance	13h00 (30') Cx Worx	13h30 (45') Barre au Sol	13h30 (30') Abdos Fessiers	
	13h15 (60') Diet & Train	13h15 (30') Abdos Fessiers	13h15 (30') Stretching		13h30 (45') Step ⁱ	

Arrêt des activités 30 min avant la fermeture du club

d Débutant
i Intermédiaire

Cardio
Danse
Force
Mouvement
Piscine
Tendance

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
Après-midi						
15h00 (45') Basic Forme	15h00 (45') CAF	15h00 (60') Basic Forme	15h00 (45') Body Balance	15h00 (60') Body Pump	14h00 (60') Power Sculpt	14h00 (60') Body Balance
15h45 (15') Abdos Express	15h45 (15') Abdos Express	15h00 (60') Sophrologie	16h00 (60') Basic Forme	16h00 (45') Aqua Crunch	14h30 (60') Body Pump	15h00 (45') Power Sculpt
16h00 (45') Aqua Punching	16h00 (60') Body Balance	16h00 (45') Aqua Crunch	16h00 (45') Aqua Punching	16h00 (45') Stretching	15h00 (60') Barre au Sol	15h00 (90') Salsa ⁱ
16h00 (45') Stretching	16h00 (45') Aqua Fitness	16h00 (45') Stretching	17h00 (60') Spartan Ready	17h00 (60') Yoga (Desikachar)	15h30 (60') Body Balance	15h45 (15') Abdos Express
17h00 (60') Power Sculpt	17h00 (45') Power Sculpt	17h00 (60') Body Pump	17h30 (60') Pilates sculpt	17h00 (60') Power Sculpt	16h00 (60') Sexy Bad Girl	16h00 (30') Stretching
17h30 (60') Body Balance	17h45 (15') Abdos Express	17h30 (60') Yoga (Desikachar)			17h00 (60') Danse de Salon ⁱ	
					17h00 (45') Power Sculpt	
					17h30 (45') Aqua Palming	
					17h45 (15') Abdos Express	
Soir						
18h00 (30') Stretching	18h00 (60') Body Combat	18h00 (60') Zumba Fitness	18h00 (60') Body Jam	18h00 (30') Abdos Fessiers	18h00 (45') Stretching	
18h00 (45') RPM	18h00 (45') RPM	18h30 (45') RPM	18h30 (45') Aqua Punching	18h00 (60') Body Pump	18h00 (60') Salsa ^d	
18h30 (30') Cx Worx	18h30 (30') Step ^d	18h30 (60') Power Sculpt	18h30 (90') Yoga (Vinyasa)	18h00 (45') Cycling	18h30 (45') Aqua Slim	
18h30 (60') Body Pump	18h30 (45') Aqua Fitness	18h30 (45') Aqua Slim	19h00 (60') Body Pump	18h30 (45') Aqua Palming		
18h30 (45') Aqua Slim	19h00 (60') Body Attack	19h00 (60') Body Balance	19h15 (45') Aqua Slim	18h30 (60') Spartan Ready		
19h00 (60') Rock ⁱ	19h00 (30') L.I.A. ^d	19h15 (45') Aqua Fitness	20h00 (45') Aqua Crunch	19h00 (60') Body Attack		
19h15 (45') Aqua Fitness	19h15 (45') Aqua Crunch	19h30 (30') Abdos Fessiers	20h00 (60') Barre au Sol	19h15 (45') Aqua Punching		
19h30 (45') RPM	19h30 (60') Power Sculpt	20h00 (90') Boxe Américaine	20h00 (60') Body Attack	19h30 (30') Abdos Fessiers		
19h30 (60') Body Combat	19h30 (45') Cycling	20h00 (60') Body Jam	20h00 (45') Cycling	19h30 (45') RPM		
20h00 (30') Aqua Palming	20h00 (60') Body Pump	20h00 (30') Aqua Palming	21h00 (30') Stretching	20h00 (45') Aqua Fitness		
20h00 (60') Salsa ^d	20h00 (45') Aqua Punching			20h00 (60') Power Sculpt		
20h30 (30') Abdos Fessiers	20h30 (60') Body Balance			20h00 (90') Boxe Américaine		
21h00 (45') Salsa ⁱ				21h00 (30') Stretching		

Arrêt des activités 30 min avant la fermeture du club

^d Débutant
ⁱ Intermédiaire

- Cardio
- Danse
- Force
- Mouvement
- Piscine
- Tendence