

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
Tôt						
07h30 (45') RPM	07h30 (60') Body Pump	07h30 (45') RPM	07h30 (45') RPM	08h15 (45') Power Sculpt		
08h15 (45') Natation Sportive n1	07h30 (30') Les Mills Sprint	08h15 (45') Body Pump	08h15 (30') Les Mills Sprint			
	08h15 (45') Natation Sportive n2					
Matin						
09h00 (60') Basic Forme	09h00 (45') CAF	09h00 (30') Cx Worx	09h00 (90') Qi Gong	09h00 (60') Basic Forme	09h00 (45') CAF	09h30 (60') Power Sculpt
10h00 (60') Body Balance	09h30 (90') Qi Gong	09h30 (45') Basic Forme	09h30 (45') Stretching	10h00 (60') Stretching	10h00 (45') Stretching	10h00 (60') Hip Hop
10h30 (45') Aqua Fitness	10h00 (60') Basic Forme	10h15 (15') Abdos Express	10h15 (15') Abdos Express	10h30 (45') Aqua Fitness	10h00 (30') L.I.A. d	10h30 (60') Body Balance
11h00 (60') Danse Orientale	10h30 (45') Aqua Phobie	10h30 (60') Body Balance	10h30 (45') Aqua Fitness	11h00 (60') Sophrologie	10h30 (45') Aqua Fitness	10h30 (45') Aqua Palming
11h00 (45') CAF	11h00 (45') Stretching	10h30 (45') Aqua Fitness	10h30 (60') Basic Forme		10h30 (60') Hip Hop	11h00 (60') Body Pump
		11h30 (45') Power Sculpt	11h00 (90') Danse Orientale		10h30 (45') RPM	11h00 (30') Les Mills Sprint
			11h30 (30') Abdos Fessiers		10h45 (15') Abdos Express	11h30 (30') Aqua Slim
					11h00 (60') Zumba Fitness	11h30 (45') Power Sculpt
					11h30 (45') Aqua Fitness	
					11h30 (60') Step a	
					11h30 (30') Les Mills Sprint	
Midi						
12h15 (45') Power Sculpt	12h15 (60') Body Pump	12h15 (45') Zumba Fitness	12h15 (45') Body Combat	12h15 (30') Les Mills Sprint	12h00 (60') Power Sculpt	12h00 (60') Body Attack
12h15 (45') RPM	12h15 (45') Body Attack	12h15 (45') RPM	12h15 (30') RPM	12h15 (60') Power Sculpt	12h30 (45') L.I.A. a	12h15 (15') Abdos Express
12h30 (45') Aqua Fitness	12h30 (45') Aqua Zumba	12h30 (30') Cx Worx	12h30 (30') Aqua Slim	12h30 (30') Aqua Fitness	13h00 (45') Natation Sportive n1	12h15 (45') RPM
12h30 (60') Body Pump	13h00 (60') Silver Tonic	12h30 (30') Aqua Fitness	12h30 (60') Body Pump	12h30 (30') Step d	13h15 (45') Body Jam	12h30 (30') Aqua Fitness
13h00 (30') Les Mills Sprint	13h15 (45') Zumba Fitness	13h00 (30') Aqua Fitness	13h00 (30') Les Mills Sprint	13h00 (30') Aqua Fitness	13h30 (60') Body Pump	12h30 (60') Strala Yoga
13h00 (45') Stretching	13h15 (30') Aqua Fitness	13h00 (45') Stretching	13h00 (45') Power Sculpt	13h00 (45') Step i		13h00 (30') Cx Worx
13h15 (30') Aqua Fitness	13h30 (30') Les Mills Sprint	13h15 (30') Les Mills Sprint	13h00 (30') Aqua Fitness	13h00 (45') RPM		13h30 (45') TRX Training
13h45 (15') Abdos Express		13h15 (60') Diet & Train	13h45 (15') Abdos Express			13h30 (30') Stretching

Arrêt des activités 30 min avant la fermeture du club

d Débutant
i Intermédiaire
a Avancé
n1 Niveau 1
n2 Niveau 2
n3 Niveau 3

Training
Cardio
Danse
Force
Mouvement
Piscine
Tendance

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Après-midi						
14h30 (60') Basic Forme	14h30 (60') Gym Douce	14h30 (30') Abdos Fessiers	15h00 (60') Basic Forme	14h30 (60') Yoga (Therapy)	14h00 (30') Cx Worx	14h00 (45') Zumba Step
15h30 (45') Stretching	15h30 (30') Abdos Fessiers	14h30 (60') Yoga (Therapy)	16h00 (30') Abdos Fessiers	15h30 (60') Gym Douce	14h30 (60') Power Sculpt	14h30 (120') Danse Contemporaine
16h30 (30') Abdos Fessiers	16h00 (45') Basic Forme	15h00 (60') Basic Forme	16h30 (60') Body Balance	16h30 (45') Basic Forme	14h30 (45') Body Attack	15h00 (60') Body Jam
17h00 (60') Power Sculpt	16h45 (15') Abdos Express	15h30 (60') Danse Orientale	17h00 (30') Abdos Fessiers	17h30 (30') Cx Worx	15h30 (90') Boxe Anglaise	16h00 (30') Abdos Fessiers
17h30 (60') Hip Hop	17h00 (60') Body Balance	16h00 (45') Stretching	17h30 (45') TRX Training		15h30 (60') Body Balance	
	17h15 (45') Power Sculpt	17h00 (30') Abdos Fessiers	17h30 (30') L.I.A. ^d		16h00 (45') Aqua Slim	
	17h30 (30') Aqua Fitness	17h00 (60') Body Pump			16h30 (30') Abdos Fessiers	
		17h30 (60') Body Balance			17h00 (90') Danse Contemporaine	
		17h30 (30') Aqua Fitness				
Soir						
18h00 (30') Zumba Burst	18h00 (15') Abdos Express	18h00 (60') L.I.A. ^a	18h00 (30') Stretching	18h00 (60') Body Balance		
18h30 (30') Aqua Fitness	18h00 (60') Body Pump	18h30 (30') Aqua Slim	18h00 (45') RPM	18h00 (60') Body Combat		
18h30 (60') Body Balance	18h30 (45') Aqua Fitness	18h30 (60') Spartan Ready	18h30 (60') L.I.A. ⁱ	18h30 (45') RPM		
18h30 (30') Cx Worx	18h30 (45') Stretching	18h30 (30') Les Mills Sprint	18h30 (30') Cx Worx	18h30 (30') Aqua Slim	18h30 (30') Aqua Slim	
19h00 (45') RPM	19h00 (60') Body Combat	19h00 (45') RPM	18h30 (30') Aqua Slim	19h00 (60') Body Pump	19h00 (60') Body Pump	
19h00 (60') Body Attack	19h15 (15') Abdos Express	19h00 (60') Step ^a	19h00 (60') Body Pump	19h30 (45') Aqua Palming	19h30 (45') Aqua Palming	
19h30 (30') Aqua Palming	19h30 (30') Aqua Slim	19h30 (30') Aqua Palming	19h30 (30') Aqua Punching	20h00 (90') Barre au Sol	20h00 (90') Barre au Sol	
19h30 (45') Power Sculpt	19h30 (60') Body Jam	19h30 (60') Body Balance	19h30 (60') Spartan Ready	20h00 (60') Body Attack	20h00 (60') Body Attack	
20h00 (60') Body Pump	20h00 (60') Step ⁱ	20h00 (60') Body Attack	20h00 (30') Les Mills Sprint	20h30 (30') Natation Sportive ⁿ²	20h30 (30') Natation Sportive ⁿ²	
20h15 (15') Abdos Express	20h00 (45') RPM	20h30 (45') Aqua Phobie	20h30 (45') Stretching			
20h30 (45') Stretching	20h30 (60') Zumba Fitness	20h30 (45') TRX Blast	20h30 (45') Natation Sportive ⁿ³			
20h30 (30') Natation Sportive ⁿ²	20h30 (45') Natation Sportive ⁿ³					

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