

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Tôt						
07h45 (45') Power Sculpt	07h45 (45') Body Balance	07h45 (45') Body Pump	07h45 (45') Power Sculpt	07h45 (45') CAF		
Matin						
10h00 (45') Basic Forme	10h00 (45') TRX Blast	10h00 (45') CAF	10h00 (60') Basic Forme	10h00 (45') TRX Blast	09h30 (45') TRX Blast	09h30 (60') Power Sculpt
10h45 (15') Abdos Express			11h00 (45') Stretching		10h00 (45') Power Sculpt	10h00 (60') Body Pump
11h00 (45') Stretching					10h30 (60') Body Pump	10h30 (30') Abdos Fessiers
					10h45 (15') Abdos Express	11h00 (30') Stretching
					11h00 (30') Stretching	11h00 (45') TRX Blast
					11h30 (60') Body Combat	11h30 (30') Cx Worx
					11h30 (30') Cx Worx	
Midi						
12h15 (45') Power Sculpt	12h15 (45') CAF	12h15 (45') Body Attack	12h15 (45') TRX Blast	12h15 (60') Power Sculpt	12h00 (60') Zumba Fitness	12h00 (60') Body Balance
12h30 (60') Body Pump	12h30 (45') Stepⁱ	12h30 (45') CAF	12h30 (45') L.I.A.ⁱ	12h30 (30') Cx Worx	13h00 (60') Body Attack	12h30 (45') Boxe & Rope
13h00 (45') CAF	13h00 (45') Strala Yoga	13h00 (30') Step^d	13h00 (60') Body Balance	13h00 (45') Body Pump	13h30 (45') CAF	13h00 (60') Body Combat
	13h15 (30') Cx Worx	13h15 (45') Stretching	13h15 (45') Spartan Ready	13h15 (30') Stretching		13h30 (60') Power Sculpt
Après-midi						
14h30 (90') Barre au Sol	17h30 (60') Power Sculpt	14h00 (60') Yoga (Hatha)	14h00 (90') Barre au Sol	17h30 (60') Power Sculpt	14h00 (60') Body Balance	14h00 (45') TRX Blast
16h00 (90') Danse Classique		16h00 (60') Tai Chi Chuan	15h30 (90') Danse Classique		15h00 (30') Cx Worx	15h00 (30') Abdos Fessiers
17h30 (30') Abdos Fessiers		17h00 (60') Qi Gong	17h00 (60') Qi Gong		15h30 (60') Body Pump	15h00 (60') Body Pump
		17h30 (30') Abdos Fessiers	17h30 (60') Power Sculpt		15h30 (30') Stretching	15h30 (60') Power Sculpt
					16h00 (60') Power Sculpt	16h00 (30') Cx Worx
					16h30 (30') Step^d	16h30 (45') Stretching
					17h00 (30') Abdos Fessiers	
					17h00 (45') Stepⁱ	
Soir						
18h00 (30') Stretching	18h00 (45') TRX Blast	18h00 (60') Power Sculpt	18h00 (30') Cx Worx	18h00 (60') Body Balance		
18h00 (60') Body Pump	18h30 (30') L.I.A.^d	18h00 (30') Stretching	18h30 (30') Stretching	18h30 (30') Abdos Fessiers		
18h30 (60') Power Sculpt	19h00 (60') Power Sculpt	18h30 (45') TRX Blast	18h30 (60') Body Pump	19h00 (30') Stretching		
19h00 (60') Body Combat	19h00 (30') Step^d	19h00 (30') Cx Worx	19h00 (60') Boxe & Rope	19h00 (60') Body Pump		
19h30 (30') Stretching	19h30 (60') Body Attack	19h30 (30') Stretching	19h30 (60') Body Attack	19h30 (45') L.I.A.ⁱ		
20h00 (30') Cx Worx	20h00 (30') Abdos Fessiers	19h30 (60') Body Pump	20h00 (30') Abdos Fessiers	20h00 (60') Sexy Bad Girl		
20h00 (60') Zumba Fitness	20h30 (60') Body Balance	20h00 (60') Power Sculpt	20h30 (30') Stretching			
	20h30 (30') Cx Worx	20h30 (60') Body Balance	20h30 (60') Yoga (Hatha)			
	21h00 (60') Body Pump	21h00 (30') Abdos Fessiers				

Arrêt des activités 30 min avant la fermeture du club

^d Débutant
ⁱ Intermédiaire

Cardio
Danse
Force
Mouvement
Tendance