



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Tôt						
07h45 (60') Power S. Outdoor	07h45 (60') Body Pump	07h45 (45') Power Sculpt		07h45 (45') Power Sculpt		
Matin						
09h00 (60') Body Pump	09h00 (60') Pilates sculpt	09h00 (60') Body Balance	09h00 (60') Basic Forme	09h00 (30') Cx Worx	09h00 (60') Power Sculpt	09h30 (90') Yoga (Hatha)
10h00 (60') Body Balance	10h00 (60') Basic Forme		10h00 (45') Stretching	09h30 (45') Stretching	09h30 (90') Yoga (Hatha)	09h30 (60') Power Sculpt
				10h30 (60') Body Pump	10h00 (60') Body Pump	10h30 (30') Abdos Fessiers
					11h00 (30') Cx Worx	11h00 (60') Body Balance
					11h00 (60') Body Combat	11h00 (30') Cx Worx
					11h30 (60') Power Sculpt	11h30 (60') Power Sculpt
Midi						
12h15 (45') Power Sculpt	12h15 (30') Cx Worx	12h15 (60') Silver Tonic	12h15 (45') Power Sculpt	12h15 (45') Power Sculpt	12h00 (60') Body Jam	12h30 (60') Body Pump
12h30 (30') Cx Worx	12h30 (45') Step ⁱ	12h30 (45') Body Attack	12h30 (45') TRX Blast	12h30 (45') Body Pump	12h30 (45') CAF	13h00 (75') Danse Orientale
13h00 (60') Diet & Train	13h00 (45') Stretching	13h15 (45') Zumba Fitness	13h00 (30') Cx Worx	13h00 (45') Stretching	13h00 (60') Zumba Fitness	13h30 (60') Power S. Outdoor
13h00 (45') Stretching ⁱ	13h15 (45') Body Pump	13h15 (45') Power Sculpt	13h15 (45') Body Balance		13h30 (60') Body Balance	
Après-midi						
17h30 (45') TRX Blast	17h30 (60') Body Pump	17h30 (30') Abdos Fessiers	17h30 (60') Body Pump	17h30 (45') Power Sculpt	14h00 (45') TRX Blast	14h30 (30') Abdos Fessiers
					14h30 (60') Pilates sculpt	14h30 (30') Step ^d
					15h00 (60') Body Attack	15h00 (45') TRX Blast
					15h30 (60') Power Sculpt	15h00 (60') Hip Hop
					16h00 (60') Body Pump	16h00 (60') Sexy Bad Girl
					16h30 (45') Stretching	16h00 (45') Power Sculpt ⁱ
					17h00 (45') Sh'Bam	17h00 (30') Cx Worx
						17h00 (60') Body Combat
						17h30 (60') Strala Yoga
Soir						
18h00 (45') Boxe & Rope ^d	18h00 (60') Spartan Ready	18h00 (30') Stretching	18h00 (60') Body Balance	18h00 (45') Sh'Bam		18h00 (60') Body Pump
18h30 (60') Strala Yoga	18h30 (60') Body Jam	18h00 (30') Step ^d	18h30 (45') TRX Blast	18h30 (60') Body Pump		
18h45 (15') Abdos Express	19h00 (60') Body Balance	18h30 (30') Cx Worx	19h00 (45') Boxe & Rope	18h45 (15') Abdos Express		
19h00 (60') Power Sculpt	19h30 (60') Body Combat	18h30 (45') TRX Blast	19h30 (60') Step ^a	19h00 (60') Power Sculpt		
19h30 (60') Body Pump	20h00 (60') Power Sculpt	19h00 (45') Power Sculpt	19h45 (45') Power Sculpt	19h30 (30') Cx Worx		
20h00 (60') Body Balance	20h30 (45') Sh'Bam	19h30 (60') Body Attack	20h30 (30') Abdos Express	20h00 (30') Abdos Fessiers		
20h30 (60') Zumba Fitness	21h00 (30') Stretching	19h45 (15') Abdos Express	20h30 (60') Body Jam			
		20h00 (30') Stretching				
		20h30 (60') Body Pump				

Arrêt des activités 30 min avant la fermeture du club

^d Débutant
ⁱ Intermédiaire
^a Avancé

- Cardio
- Danse
- Force
- Mouvement
- Tendence