

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Tôt						
07h45 (45') TRX Blast	07h45 (45') DISQ S. Outdoor	07h45 (45') Energy Blast	07h45 (45') Body Pump	07h45 (45') Cycling		
Matin						
09h00 (60') Basic Forme	09h00 (60') Body Pump	09h00 (30') Abdos Fessiers	09h00 (45') Cycling	09h00 (45') Energy Blast	09h00 (45') Power Sculpt	09h30 (45') Aqua Fitness
10h00 (45') Aqua Fitness	10h00 (45') Aqua Fitness	09h30 (30') Stretching	09h30 (30') Abdos Fessiers	09h45 (15') Abdos Express	09h30 (45') Aqua Fitness	09h30 (45') Power S. Outdoor
10h00 (45') Stretching	10h00 (30') Abdos Fessiers	10h00 (45') Aqua Fitness	10h00 (45') Stretching	10h00 (45') Aqua Fitness	09h45 (15') Abdos Express	10h00 (45') Cycling
11h15 (45') Aqua Fitness		10h00 (60') Basic Forme	10h00 (30') Aqua Crunch	10h00 (60') Body Balance	10h00 (60') Body Balance	10h30 (30') Stretching
		11h15 (45') Aqua Fitness			10h30 (45') Disq Sculpt	11h00 (45') Aqua Cycling
					11h00 (30') Aqua Cycling	11h00 (45') Urban Race
					11h00 (30') Abdos Fessiers	11h30 (45') Power Sculpt
					11h30 (60') Pilates sculpt	
					11h30 (45') Cycling	
Midi						
12h15 (45') Energy Blast	12h15 (30') Abdos Six-Pack	12h15 (45') Aqua Slim	12h15 (45') Aqua Cycling	12h15 (45') Power Sculpt	12h00 (45') TRX Blast	12h00 (45') Boxe & Bag ⁱ
12h15 (45') Aqua Slim	12h15 (30') Aqua Cycling	12h15 (45') Power Sculpt	12h15 (45') Spartan Outdoor ⁱ	12h15 (45') Aqua Zumba	12h30 (60') Body Combat	12h15 (15') Abdos Express
12h30 (45') Body Combat	12h30 (45') Body Pump	12h30 (45') Cycling	12h30 (45') Body Balance	12h30 (45') Boxe & Bag	12h30 (45') Aqua Slim	12h30 (45') Aqua Slim
13h00 (30') Abdos Six-Pack	13h00 (45') TRX Training ⁱ	12h30 (30') Abdos Six-Pack	13h00 (45') Cycling	13h00 (60') Body Pump	13h00 (60') Pilates Training	12h30 (60') Body Pump
13h15 (30') Cycling	13h15 (45') Stretching	13h00 (45') TRX Blast	13h00 (45') TRX Training ⁱ	13h15 (30') Abdos Six-Pack	13h30 (60') Zumba Fitness	12h30 (45') Cycling
13h15 (45') Body Balance	13h15 (30') Cycling	13h00 (15') Abdos Express	13h15 (30') Abdos Fessiers			12h45 (15') Abdos Express
		13h15 (45') Zumba Fitness				13h30 (30') Abdos Six-Pack

Arrêt des activités 30 min avant la fermeture du club

ⁱ Intermédiaire

- Training
- Cardio
- Force
- Mouvement
- Piscine
- Tendence

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

Après-midi

14h00 (60') Yoga (Hatha)	15h00 (60') Basic Forme	17h30 (60') Body Pump	15h00 (60') Pilates sculpt	14h00 (75') Tai Chi Chuan	14h00 (30') Abdos Six-Pack	14h00 (45') GRIT Force ⁱ
17h00 (60') Diet & Eat	16h00 (45') Stretching		16h00 (45') Stretching	17h30 (60') Power Sculpt	14h30 (45') Energy Blast	15h00 (45') Aqua Zumba
17h30 (45') Disq Sculpt	17h30 (45') GRIT Force ⁱ		17h30 (45') Energy Blast		15h15 (15') Abdos Express	15h00 (30') Abdos Fessiers
					15h30 (45') Stretching	15h30 (45') Stretching
					16h00 (45') Aqua Zumba	16h30 (45') Energy Blast
					16h00 (45') Boxe & Bag ⁱ	17h00 (30') Aqua Cycling
					16h30 (60') Power Sculpt	17h15 (15') Abdos Express
					17h30 (30') Abdos Fessiers	17h30 (45') Stretching

Soir

18h00 (45') Power Sculpt	18h00 (45') Aqua Zumba	18h00 (60') Pilates Training ⁱ	18h00 (60') Pilates sculpt	18h00 (45') Aqua Slim	18h00 (30') Stretching
18h00 (45') Aqua Fitness	18h00 (45') Power Sculpt	18h30 (60') Body Balance	18h00 (45') Aqua Fitness	18h00 (45') Cycling	
18h30 (30') Abdos Six-Pack	18h30 (45') TRX Blast	19h00 (45') Cycling	18h30 (45') Cycling	18h30 (30') Abdos Fessiers	
18h45 (15') Abdos Express	18h45 (15') Abdos Express	19h00 (45') GRIT Force ⁱ	18h30 (45') Disq Sculpt	19h00 (45') Boxe & Bag ⁱ	
19h00 (45') Aqua Punching	19h00 (45') Aqua Cycling	19h00 (45') Aqua Slim	19h00 (60') Body Pump	19h00 (30') Stretching	
19h00 (60') Pilates sculpt	19h00 (60') Body Combat	19h30 (75') Yoga (Hatha)	19h00 (45') Aqua Training	19h00 (45') Aqua Punching	
19h30 (45') TRX Blast	19h30 (45') Cycling	20h00 (30') Abdos Six-Pack	19h15 (15') Abdos Express	19h30 (60') Body Pump	
20h00 (60') Aqua Cycling	19h30 (45') Energy Blast	20h00 (60') Aqua Cycling	19h30 (45') TRX Training	19h45 (15') Abdos Express	
20h00 (60') Body Pump	20h00 (60') Zumba Fitness	20h30 (45') Urban Race ⁱ	20h00 (60') Body Combat	20h00 (45') Aqua Cycling	
20h15 (15') Abdos Express	20h00 (60') Aqua Training		20h15 (15') Abdos Express	20h00 (45') GRIT Force ⁱ	
20h30 (45') Cycling	20h15 (15') Abdos Express				
20h30 (45') Boxe & Bag ⁱ	21h00 (30') Abdos Fessiers				

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ⁱ Intermédiaire

- █ Training
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