

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

Tôt

07h45 (45') Power Sculpt 07h45 (60') Body Pump 07h45 (60') CAF 07h45 (60') Body Pump 07h45 (45') Power Sculpt

Matin

09h30 (60') Basic Forme 09h30 (60') CAF 09h30 (60') Basic Forme 09h30 (30') Abdos Fessiers 09h30 (30') Abdos Fessiers
10h30 (45') Stretching 10h00 (30') Stretching 10h30 (60') Basic Forme 10h00 (45') Stretching

Midi

12h15 (45') Body Pump 12h15 (45') Zumba Burst 12h15 (45') Body Jam 12h15 (60') Body Pump 12h15 (60') Body Combat
12h30 (45') Power Sculpt 12h30 (45') CAF 12h30 (45') CAF 12h15 (45') Cycling 12h30 (45') Cycling
12h30 (45') Cycling 12h30 (45') Cycling 12h30 (45') Power Sculpt 12h30 (60') Power Sculpt
13h00 (45') Body Balance 13h00 (60') Strala Yoga 13h00 (60') Body Balance 13h15 (30') Abdos Fessiers 13h15 (60') Pilates sculpt
13h15 (45') CAF 13h15 (45') Power Sculpt 13h15 (45') Zumba Fitness

Après-midi

17h30 (30') Abdos Fessiers 17h30 (30') Abdos Fessiers 17h30 (60') Body Balance 17h30 (45') Cycling

Soir

18h00 (60') Body Pump 18h00 (60') Body Combat 18h00 (45') Power Sculpt 18h00 (60') Body Jam 18h00 (60') Power Sculpt
18h00 (30') Stretching 18h30 (60') Body Balance 18h30 (60') Body Pump 18h30 (60') CAF 18h30 (60') Body Pump
18h30 (60') Power Sculpt 19h00 (60') Zumba Fitness 19h00 (60') Strala Yoga i 19h00 (60') Body Combat 19h00 (45') Stretching
19h00 (60') Spartan Ready i 19h00 (45') Cycling 19h30 (30') Abdos Fessiers 19h30 (45') Stretching 19h30 (60') Body Combat
19h30 (30') Stretching 19h30 (45') Spartan Ready i 20h00 (45') Zumba Burst 19h30 (45') Cycling 19h30 (45') Cycling
19h30 (45') Cycling 20h00 (60') Body Pump 20h00 (45') Spartan Ready i

Arrêt des activités 30 min
avant la fermeture du club

i Intermédiaire

Cardio
Force
Mouvement
Tendance