

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Tôt						
07h45 (60') Body Balance	07h45 (60') Power Sculpt	07h45 (60') Body Pump	07h45 (45') Spartan Ready	07h45 (60') Power Sculpt		
08h45 (30') Cx Worx	08h45 (30') Stretching					
Matin						
11h00 (60') Strala Yoga	10h00 (60') Pilates sculpt	11h00 (60') Basic Forme	11h00 (60') Basic Forme	11h00 (60') Stretching	09h30 (30') Abdos Fessiers	
	11h00 (60') CAF				10h00 (45') Boxe & Rope	
					10h00 (30') Stretching	
					10h30 (60') Pilates sculpt	
					11h00 (60') Body Combat	
					11h30 (60') Power Sculpt	
Midi						
12h15 (45') Power Sculpt	12h15 (45') Body Pump	12h15 (45') Body Balance	12h15 (45') Power Sculpt	12h15 (45') Strala Yoga	12h00 (60') Body Pump	
12h30 (45') Zumba Burst	12h30 (45') Spartan Ready	12h30 (45') Spartan Ready	12h30 (45') Body Attack	12h30 (30') Cx Worx	12h30 (45') Stretching	
13h00 (45') Pilates sculpt	13h00 (45') Body Combat	13h00 (45') Body Pump	13h00 (45') Pilates sculpt	13h00 (45') TRX Blast	13h00 (30') Cx Worx	
13h15 (30') Cx Worx	13h15 (30') Abdos Fessiers	13h15 (30') Stretching	13h15 (30') Cx Worx		13h30 (90') Modern' Jazz	
Après-midi						
14h00 (90') Modern' Jazz	14h00 (90') Modern' Jazz		14h00 (90') Modern' Jazz	14h30 (60') Barre au Sol	15h00 (60') Power Sculpt	
17h45 (45') TRX Blast	17h45 (60') Power Sculpt			17h45 (60') Body Balance		
Soir						
18h15 (30') Abdos Fessiers	18h15 (60') Body Balance	18h15 (60') Pilates sculpt	18h15 (30') Cx Worx	18h15 (45') Boxe & Rope		
18h45 (60') Strala Yoga	18h45 (60') Zumba Fitness	18h15 (30') Abdos Fessiers	18h15 (30') Stretching	18h45 (45') Spartan Ready		
18h45 (30') Cx Worx	19h15 (60') Hip Hop	18h45 (60') Body Pump	18h45 (45') TRX Blast	19h15 (60') Body Pump		
19h15 (60') Body Attack	19h45 (15') Abdos Express	19h15 (60') Body Balance	18h45 (60') Zumba Fitness	19h45 (30') Abdos Fessiers		
19h45 (45') Power Sculpt	20h00 (90') Modern' Jazz	19h45 (30') Cx Worx	19h45 (60') Body Pump	20h15 (30') Stretching		
20h15 (60') Body Pump	20h15 (60') Body Pump	20h15 (45') Power Sculpt	19h45 (90') Modern' Jazz	20h15 (45') TRX Blast		
20h30 (15') Abdos Express		20h15 (60') Body Combat	20h45 (45') Power Sculpt			
20h45 (30') Stretching						

Arrêt des activités 30 min avant la fermeture du club

- Cardio
- Danse
- Force
- Mouvement
- Tendence