



PURE BASTILLE
4 place de la Bastille
75012 Paris
Tel : 01.56.95.09.05

Horaires d'ouverture
lundi : 07h à 22h30
mardi : 07h à 22h30
mercredi : 07h à 22h30
jeudi : 07h à 22h30
vendredi : 07h à 22h30
samedi : 08h à 20h
dimanche : 09h à 20h

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

Tôt

07h30 (45') Body Pump	07h30 (45') Disq Sculpt	07h30 (45') Yoga (Hatha)	07h30 (45') Pound	07h30 (45') TRX Blast	08h30 (45') GRIT Plyo	
08h30 (45') GRIT Cardio	08h30 (45') Pound	08h30 (45') Pure Circuit	08h30 (45') Pure Sculpt	08h30 (45') Body Pump		

Matin

09h30 (45') TRX Blast	09h30 (60') Yoga (Hatha)	09h30 (45') Silhouette	09h30 (60') Body Balance 10h30 (45') Spartan Outdoor	09h30 (60') Pilates sculpt	09h30 (45') Boxe & Rope 10h30 (45') Body Pump 11h30 (45') Sh'Bam	09h30 (45') TRX Training 10h30 (45') Pilates sculpt 11h30 (45') Body Pump
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Midi

12h15 (45') Silhouette 13h15 (45') Body Pump	12h15 (45') Pure Sculpt 13h15 (45') GRIT Force	12h15 (45') Body Pump 13h15 (45') TRX Blast	12h15 (45') Strala Yoga 13h15 (45') Sh'Bam	12h15 (45') Pound 13h15 (45') Spartan Ready	12h30 (45') Spartan Outdoor 13h30 (45') Body Balance	12h30 (45') Boxe & Rope 13h30 (45') GRIT Force
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Après-midi

14h15 (45') Stretching 17h00 (45') TRX Training	14h15 (45') Body Balance 15h15 (90') Barre au Sol 17h00 (45') GRIT Plyo	14h15 (45') Pilates Training 15h15 (60') Body Balance 17h00 (45') Pilates Training	14h15 (45') GRIT Plyo 17h00 (45') DISQ S. Outdoor	14h15 (45') Strala Yoga 17h00 (45') Pilates sculpt	14h30 (45') GRIT Cardio 15h30 (45') Yoga (Vinyasa) 16h30 (45') Pure Circuit 17h30 (45') TRX Training	14h30 (45') Pure Circuit 15h30 (45') GRIT Plyo 16h30 (45') TRX Blast 17h30 (45') Pure Sculpt
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Soir

18h00 (45') Pure Sculpt 19h00 (45') Body Pump 20h00 (45') Running Outdoor 20h00 (45') Body Combat 21h00 (60') Pilates sculpt	18h00 (45') TRX Blast 19h00 (45') Zumba Fitness 20h00 (45') Spartan Outdoor 20h00 (60') Diet & Eat 21h00 (45') GRIT Force	18h00 (45') Yoga (Hatha) 19h00 (45') Boxe & Rope 20h00 (45') Spartan Ready 21h00 (60') Body Pump	18h00 (45') GRIT Force 19h00 (45') Pound 20h00 (45') Body Balance 21h00 (45') GRIT Cardio	18h00 (45') Zumba Fitness 19h00 (45') Body Combat 20h00 (45') Body Pump 21h00 (60') Yoga (Hatha)	18h30 (60') Body Pump	18h30 (45') Sophrologie
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Arrêt des activités 30 min
avant la fermeture du club

- Training
- Cardio
- Force
- Mouvement
- Tendence