



LE PLANNING DES COURS COLLECTIFS

07:00 - 23:00 du lundi au jeudi
07:00 - 22:00 le vendredi
08:00 - 20:00 samedi, dimanche & jours fériés

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
7h30 (45') CYCLING	7h30 (60') LAGREE					
7h30 (60') LAGREE	7h30 (75') VINYASA YOGA	7h30 (60') FULL BODY	7h30 (60') LAGREE	7h30 (60') PILATES		9h00 (60') PILATES
7h30 (75') VINYASA YOGA	8h00 (45') CYCLING	7h30 (60') LAGREE	7h30 (75') HATHA FLOW	7h30 (60') LAGREE	8h30 (90') POWER YOGA	9h00 (60') LAGREE
8h45 (60') LAGREE	8h45 (60') LAGREE	8h45 (60') LAGREE	8h45 (60') LAGREE	8h45 (60') LAGREE	9h00 (60') LAGREE	9h30 (45') AQUATRaining
9h15 (45') CUISSSES ABDOS FESSIERS	9h00 (60') QI GONG	9h00 (90') YIN YOGA	9h00 (60') CUISSSES ABDOS FESSIERS	9h00 (75') VINYASA YOGA	10h00 (60') STEP OR DIE	10h00 (45') CYCLING
10h00 (60') PILATES	9h30 (45') AQUATRaining		9h30 (45') AQUATRaining	10h30 (45') AQUATRaining	10h00 (60') LAGREE	10h00 (60') BOOTCAMP
10h30 (45') AQUATRaining	10h00 (60') FULL BODY	10h30 (45') AQUATRaining	10h00 (60') STRETCHING	10h30 (60') FULL BODY	10h15 (45') AQUATRaining	10h00 (60') LAGREE
					11h00 (45') CYCLING	11h00 (60') STEP
11h00 (60') STRETCHING	11h00 (60') STRETCHING				11h00 (60') PILATES	11h00 (60') LAGREE
12h00 (60') FULL BODY	12h15 (60') AEROBIC	11h00 (60') GAINAGE POSTURAL	11h00 (60') BARRE AU SOL		11h00 (60') LAGREE	11h30 (45') CYCLING
12h15 (45') CYCLING	12h30 (45') CYCLING	12h15 (60') FULL BODY	12h15 (45') CYCLING	12h00 (60') AEROBIC FLOW	12h00 (45') CYCLING	
12h30 (75') BOXE ANGLAISE	12h30 (60') FUNCTIONAL TRAINING	12h15 (60') BOXE THAI	12h15 (60') STEP	12h15 (45') CYCLING	12h00 (60') FULL BODY	12h00 (60') STRETCHING
13h00 (60') PILATES	13h30 (45') CYCLING	12h45 (45') CYCLING	12h30 (60') FUNCTIONAL TRAINING	12h30 (75') BOXE THAI	12h15 (75') BOXE SPARRING	12h15 (75') BOXE ANGLAISE
13h15 (45') CYCLING	13h30 (60') POWER YOGA			13h30 (60') STRETCHING	13h00 (60') STRETCHING	13h00 (60') FULL BODY
					14h00 (60') CUISSSES ABDOS FESSIERS	14h00 (60') PILATES
	15h00 (45') AQUAFITNESS					
15h00 (60') LAGREE	15h00 (60') LAGREE		15h00 (45') AQUATRaining		15h30 (45') AQUATRaining	15h00 (60') BOOTY FUNCTIONS
16h00 (60') LAGREE					16h00 (60') LAGREE	
16h00 (75') POWER YOGA	16h00 (60') LAGREE				16h15 (45') CYCLING	16h00 (60') MEDITATION
				17h00 (60') GAINAGE POSTURAL	16h15 (60') PILATES	17h00 (45') CYCLING
	17h00 (60') BOOTCAMP		17h30 (60') PILATES GARUDA	17h00 (60') LAGREE	17h00 (60') LAGREE	17h00 (90') VINYASA YOGA
18h15 (60') STEP	18h15 (60') PILATES	18h00 (60') CUISSSES ABDOS FESSIERS	18h30 (45') AQUAFITNESS	18h00 (60') FULL BODY	17h15 (60') BOOTCAMP	17h15 (60') FUNCTIONAL TRAINING
18h30 (45') CYCLING	18h30 (45') AQUATRaining	18h30 (45') CYCLING	18h30 (45') CYCLING	18h00 (60') LAGREE	17h30 (45') CYCLING	18h30 (45') CYCLING
19h00 (45') AQUATRaining	18h30 (45') CYCLING	19h00 (45') AQUATRaining	18h30 (60') PUMP	18h15 (45') CYCLING	18h15 (75') YIN YOGA	18h30 (60') FULL BODY
19h15 (60') FIGHT AEROBIC	19h00 (75') BOXE ANGLAISE	19h00 (60') LAGREE	19h30 (60') ALIGN AND FLOW	19h00 (45') AQUATRaining		
19h15 (75') BOXE THAI	19h15 (60') STEP OR DIE	19h00 (75') VINYASA YOGA	19h30 (75') BOXE ANGLAISE	19h15 (75') YIN YOGA		
19h30 (45') CYCLING	19h30 (45') CYCLING	19h45 (45') CYCLING	20h00 (45') CYCLING			
20h15 (45') STRETCHING		20h15 (45') STRETCHING				