

LUNDI

HORAIRE

UNITÉS

MARDI

HORAIRE

UNITÉS

 Gym Douce	09:30 - 10:30	1
 Pilates	10:30 - 11:30	1
 Free Weight	10:30 - 11:30	1
 Stretching	11:30 - 12:30	1
 Training	11:30 - 12:30	1
 Pilates	12:30 - 13:30	1
 Hybrid Workout	12:30 - 13:30	1
 Atelier Vinyasa Yoga	12:30 - 13:30	1,5
 Cardio Training	17:00 - 18:00	1
 Full Body Training	17:00 - 18:00	1
 Free Weight	17:30 - 18:30	1
 Pilates	17:30 - 18:30	1
 100% Coaching	18:00 - 19:00	2
 Stretching	18:00 - 19:00	1
 Cross Training	18:30 - 19:30	1
 Full Body Training	18:30 - 19:30	1
 Pump Training	18:30 - 19:30	1
 Pilates	19:00 - 20:00	1
 Cardio Training	19:00 - 20:00	1
 Fit & Move	19:30 - 20:30	1
 Free Weight	19:30 - 20:30	1
 Atelier Vinyasa	19:30 - 20:30	1,5
 Boxe Coaching	19:30 - 20:30	2
 100% Coaching	20:00 - 21:00	2
 Cuisses Abdos Fessiers	20:00 - 21:00	1
 Cross Training	20:30 - 21:30	1

 Stretching	09:30 - 10:30	1
 Full Body Training	10:30 - 11:30	1
 Training	10:30 - 11:30	1
 Pilates	11:30 - 12:30	1
 Cardio Training	11:30 - 12:30	1
 Circuit Training	12:30 - 13:30	1
 Boxe Coaching	12:30 - 13:30	2
 Training	17:00 - 18:00	1
 Pilates	17:00 - 18:00	1
 Full Body Training	18:00 - 19:00	1
 Stretching	18:00 - 19:00	1
 Pump Training	18:00 - 19:00	1
 Hybrid Workout	18:30 - 19:30	1
 Atelier Vinyasa Yoga	19:00 - 20:00	1,5
 Barre au Sol	19:00 - 20:00	1
 Free Weight	19:00 - 20:00	1
 Re-Bound	19:00 - 20:00	1
 Cuisses Abdos Fessiers	19:00 - 20:00	1
 Cardio Coaching	19:30 - 20:30	2
 Pilates	20:00 - 21:00	1
 Modern Jazz -NIV 1-	20:00 - 21:00	1
 HIIT	20:00 - 21:00	1
 Boxe Coaching	20:00 - 21:00	2
 100% Coaching	20:30 - 21:30	2

 CARDIO
 COACHING
 DANSE
 RENFO
 PULSE
 ZEN

Planning non contractuel, susceptible de modifications sans préavis.

 CARDIO
 COACHING
 DANSE
 RENFO
 PULSE
 ZEN

Planning non contractuel, susceptible de modifications sans préavis.

MERCREDI			HORAIRE	UNITÉS	JEUDI			HORAIRE	UNITÉS
 Pilates	09:30 - 10:30	1	 Full Body Training	09:30 - 10:30	1				
 Yoga	10:30 - 11:30	1	 Stretching	10:30 - 11:30	1				
 Gym Douce	10:30 - 11:30	1	 Circuit Training	10:30 - 11:30	1				
 Stabilité	11:30 - 12:30	1	 Hybrid Workout	11:30 - 12:30	1				
 Circuit Training	11:30 - 12:30	1	 Gym Douce	11:30 - 12:30	1				
 Atelier Vinyasa Yoga	12:15 - 13:15	1,5	 Pilates	12:30 - 13:30	1				
 Full Body Training	12:30 - 13:30	1	 Training	12:30 - 13:30	1				
 Cardio Training	12:30 - 13:30	1	 Circuit Training	17:30 - 18:30	1				
 Pilates	15:00 - 16:00	1	 Pilates	17:30 - 18:30	1				
 Training	16:00 - 17:00	1	 Training	18:00 - 19:00	1				
 Cardio Training	17:00 - 18:00	1	 Cardio Coaching	18:00 - 19:00	2				
 Full Body Training	18:00 - 19:00	1	 Pilates -NIV 2-	18:30 - 19:30	1				
 Atelier Vinyasa Yoga	18:30 - 19:30	1,5	 Street Jazz	18:30 - 19:30	1				
 Cross Training	18:30 - 19:30	1	 Free Weight	18:30 - 19:30	1				
 Cardio Coaching	18:30 - 19:30	2	 Atelier Vinyasa Yoga	19:00 - 20:00	1,5				
 100% Coaching	18:30 - 19:30	2	 Full Body Training	19:00 - 20:00	1				
 Zumba	19:00 - 20:00	1	 100% Coaching	19:00 - 20:00	2				
 Boxe Coaching	19:00 - 20:00	2	 Cardio Training	19:00 - 20:00	1				
 Stretching	19:00 - 20:00	1	 Stretching	19:30 - 20:30	1				
 Atelier Hatha Yoga	19:30 - 20:30	1,5	 Danse Classique	19:30 - 20:30	1				
 Circuit Training	19:30 - 20:30	1	 HIIT	19:30 - 20:30	1				
 HIIT	19:30 - 20:30	1	 Atelier Yin Yoga	20:00 - 21:00	1,5				
 Modern Jazz -NIV 2-	20:00 - 21:00	1	 Boxe Training	20:00 - 21:00	1				
 Pilates	20:00 - 21:00	1	 100% Coaching	20:00 - 21:00	2				
 Step -NIV 1-	20:00 - 21:00	1	 Cardio Coaching	20:00 - 21:00	2				
 Cardio Coaching	20:30 - 21:30	2							
 100% Coaching	20:30 - 21:30	2							
 Free Weight	20:30 - 21:30	1							

 CARDIO COACHING DANSE RENFO PULSE ZEN

Planning non contractuel, susceptible de modifications sans préavis.

VENDREDI

HORAIRE

UNITÉS

SAMEDI

HORAIRE

UNITÉS

 Training -NIV 1-	09:30 - 10:30	1
 Pilates	10:30 - 11:30	1
 Free Weight	10:30 - 11:30	1
 Training	11:30 - 12:30	1
 Cuisses Abdos Fessiers	11:30 - 12:30	1
 Zumba	12:30 - 13:30	1
 Circuit Training	12:30 - 13:30	1
 Atelier Vinyasa Yoga	12:30 - 13:30	1,5
 Pilates	17:00 - 18:00	1
 Free Weight	17:00 - 18:00	1
 Full Body Training	17:30 - 18:30	1
 Hybrid Workout	18:00 - 19:00	1
 Circuit Training	18:00 - 19:00	1
 Stretching	18:30 - 19:30	1
 Cardio Training	19:00 - 20:00	1
 100% Coaching	19:00 - 20:00	2
 Cross Training	19:00 - 20:00	1
 Atelier Yin Yoga	19:00 - 20:00	1,5
 Pilates	19:30 - 20:30	1
 Hip Hop	19:30 - 21:00	1
 100% Coaching	20:00 - 21:00	2
 Boxe Coaching	20:00 - 21:00	2

 Training	09:00 - 10:00	1
 Cross Training	09:30 - 10:30	1
 Full Body Training	10:00 - 11:00	1
 Cardio Training	10:00 - 11:00	1
 Yoga	10:00 - 11:00	1
 100% Coaching	10:00 - 11:00	2
 Free Weight	10:30 - 11:30	1
 Cuisses Abdos Fessiers	11:00 - 12:00	1
 Circuit Training	11:00 - 12:00	1
 100% Coaching	11:00 - 12:00	2
 Pilates	11:00 - 12:00	1
 Cardio Coaching	11:00 - 12:00	2
 Cross Training	11:30 - 12:30	1
 Atelier Yoga Méditatif	11:30 - 12:30	1,5
 Stretching	12:00 - 13:00	1
 Pump Training	12:00 - 13:00	1
 Gym Douce	12:00 - 13:00	1
 Training	12:00 - 13:00	1
 Free Weight	12:30 - 13:30	1
 Boxe Coaching	13:00 - 14:00	2
 Pilates	13:00 - 14:00	1

 CARDIO
  COACHING
  DANSE
  RENFO
  PULSE
  ZEN

Planning non contractuel, susceptible de modifications sans préavis.

 CARDIO
  COACHING
  DANSE
  RENFO
  PULSE
  ZEN

Planning non contractuel, susceptible de modifications sans préavis.

DIMANCHE		HORAIRE	UNITÉS
	Yoga Vinyasa	09:30 - 10:30	1
	Training	09:30 - 10:30	1
	Free Weight	10:00 - 11:00	1
	Full Body Training	10:00 - 11:00	1
	Boxe Coaching	10:00 - 11:00	2
	Pilates	10:30 - 11:30	1
	100% Coaching	10:30 - 11:30	2
	Fit & Move	11:00 - 12:00	1
	Stability	11:00 - 12:00	1
	Cross Training	11:00 - 12:00	1
	Atelier Warrior Yoga	11:00 - 12:00	1,5
	Cardio Coaching	11:30 - 12:30	2
	Stretching	11:30 - 12:30	1
	Re-Bound	12:00 - 13:00	1
	Circuit Training	12:00 - 13:00	1
	HIIT	12:00 - 13:00	1
	Atelier Yin Yoga	12:00 - 13:00	1,5
	Pilates -NIV 2-	12:30 - 13:30	1