

LUNDI

HORAIRE

UNITÉS

MARDI


HORAIRE

UNITÉS

| | | | | | |
|--|---------------|-----|--|---------------|-----|
|  Gym Douce | 09:30 - 10:30 | 1 |  Stretching | 09:30 - 10:30 | 1 |
|  Pilates | 10:30 - 11:30 | 1 |  Full Body Training | 10:30 - 11:30 | 1 |
|  Free Weight | 10:30 - 11:30 | 1 |  Training | 10:30 - 11:30 | 1 |
|  Stretching | 11:30 - 12:30 | 1 |  Pilates | 11:30 - 12:30 | 1 |
|  Training | 11:30 - 12:30 | 1 |  Cardio Training | 11:30 - 12:30 | 1 |
|  Pilates | 12:30 - 13:30 | 1 |  Circuit Training | 12:30 - 13:30 | 1 |
|  Hybrid Workout | 12:30 - 13:30 | 1 |  Boxe Coaching | 12:30 - 13:30 | 2 |
|  Free Weight | 17:30 - 18:30 | 1 |  Training | 17:00 - 18:00 | 1 |
|  Pilates | 17:30 - 18:30 | 1 |  Gym Douce | 17:00 - 18:00 | 1 |
|  100% Coaching | 18:00 - 19:00 | 2 |  Full Body Training | 18:00 - 19:00 | 1 |
|  Stretching | 18:00 - 19:00 | 1 |  Stretching | 18:00 - 19:00 | 1 |
|  Atelier Yin Yoga | 18:15 - 19:15 | 1,5 |  Pump Training | 18:00 - 19:00 | 1 |
|  Cross Training | 18:30 - 19:30 | 1 |  Hybrid Workout | 18:30 - 19:30 | 1 |
|  Full Body Training | 18:30 - 19:30 | 1 |  Atelier Hatha Yoga | 19:00 - 20:00 | 1,5 |
|  Pump Training | 18:30 - 19:30 | 1 |  Barre au Sol | 19:00 - 20:00 | 1 |
|  Pilates | 19:00 - 20:00 | 1 |  Free Weight | 19:00 - 20:00 | 1 |
|  Cardio Training | 19:00 - 20:00 | 1 |  Re-Bound | 19:00 - 20:00 | 1 |
|  Fit & Move | 19:30 - 20:30 | 1 |  Cuisses Abdos Fessiers | 19:00 - 20:00 | 1 |
|  Free Weight | 19:30 - 20:30 | 1 |  Atelier Vinyasa | 19:30 - 20:30 | 1,5 |
|  Atelier Vinyasa | 19:30 - 20:30 | 1,5 |  Cardio Coaching | 19:30 - 20:30 | 2 |
|  Boxe Coaching | 19:30 - 20:30 | 2 |  Pilates | 20:00 - 21:00 | 1 |
|  100% Coaching | 20:00 - 21:00 | 2 |  Modern Jazz -NIV 1- | 20:00 - 21:00 | 1 |
|  Cuisses Abdos Fessiers | 20:00 - 21:00 | 1 |  HIIT | 20:00 - 21:00 | 1 |
|  Cross Training | 20:30 - 21:30 | 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 |
|  Stability | 11:30 - 12:30 | 1 |  Cardio Training | 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

| | | |
|--|---------------|-----|
|  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 |
|  Stability | 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 |

SAMEDI

HORAIRE UNITÉS

| | | |
|--|---------------|-----|
|  Stretching | 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 |
|  Step -NIV 2- | 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 |
|  Zumba | 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 |

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 |

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  DANSE
  RENFO
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