

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

 CARDIO
  COACHING
  DANSE
  RENFO
  PULSE
  ZEN

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MERCREDI

HORAIRE

UNITÉS

JEUDI

HORAIRE

UNITÉS

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

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VENDREDI

HORAIRE

UNITÉS

SAMEDI

HORAIRE

UNITÉS

 Training - DOUX -	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 Vinyasa	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
 Atelier Yin Yoga	11:00 - 12:00	1,5
 Cross Training	11:30 - 12:30	1
 Stretching	12:00 - 13:00	1
 Pump Training	12:00 - 13:00	1
 Gym Douce	12:00 - 13:00	1
 Hybrid Workout	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

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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
	Circuit Training	12:00 - 13:00	1
	Training	12:00 - 13:00	1
	Atelier Yin Yoga	12:00 - 13:00	1,5
	Pilates - CONFIRMÉ -	12:30 - 13:30	1
	Re-Bound	12:30 - 13:30	1