

LUNDI

HORAIRE

UNITÉS

	Gym Douce	10:00 - 11:00	1
	Pilates	11:00 - 12:00	1
	Cuisses Abdos Fessiers	12:15 - 13:15	1
	Free Weight	17:30 - 18:30	1
	100% Coaching	18:00 - 19:00	2
	Pilates	18:00 - 19:00	1
	Full Body Training	18:30 - 19:30	1
	HIIT	18:30 - 19:30	1
	Pilates	19:00 - 20:00	1
	Cardio Training	19:00 - 20:00	1
	Cross Training	19:30 - 20:30	1
	Fit & Move	19:30 - 20:30	1
	100% Coaching	20:00 - 21:00	2

 **CARDIO**  **COACHING**  **DANSE**  **RENFO**  **PULSE**  **ZEN**

Planning non contractuel, susceptible de modifications sans préavis.

MARDI

HORAIRE

UNITÉS

 Stretching	10:00 - 11:00	1
 Full Body Training	11:00 - 12:00	1
 Zumba	12:15 - 13:15	1
 Cuisses Abdos Fessiers	18:00 - 19:00	1
 100% Coaching	18:30 - 19:30	2
 Stretching	18:30 - 19:30	1
 Free Weight	19:00 - 20:00	1
 Re-Bound	19:00 - 20:00	1
 Cardio Training	19:30 - 20:30	1
 Yoga Vinyasa	19:30 - 20:30	1
 Pilates	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

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MERCREDI

HORAIRE

UNITÉS

 Pilates	10:00 - 11:00	1
 Stretching	11:00 - 12:00	1
 Cardio Training 30'	12:00 - 12:30	0,5
 Pilates	12:30 - 13:30	1
 HIIT	17:30 - 18:30	1
 Cardio Training	18:00 - 19:00	1
 Cross Training	18:30 - 19:30	1
 100% Coaching	19:00 - 20:00	2
 Zumba	19:00 - 20:00	1
 Pilates	19:30 - 20:30	1
 Modern Jazz	20:00 - 21:00	1
 Cardio Coaching	20:00 - 21:00	2
 Pump Training	20:00 - 21:00	1

 **CARDIO**  **COACHING**  **DANSE**  **RENFO**  **PULSE**  **ZEN**

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JEUDI

HORAIRE

UNITÉS

 Gym Douce	10:00 - 11:00	1
 Training	11:00 - 12:00	1
 Full Body Training	12:30 - 13:30	1
 Cross Training	17:30 - 18:30	1
 Cardio Training	18:00 - 19:00	1
 Free Weight	18:30 - 19:30	1
 Pilates	18:30 - 19:30	1
 Run Coaching	19:00 - 20:00	2
 Boxe Training	19:00 - 20:00	1
 Barre au Sol	19:30 - 20:30	1
 HIIT	19:30 - 20:30	1
 Cuisses Abdos Fessiers	20:00 - 21:00	1
 100% Coaching	20:00 - 21:00	2
 Boxe Coaching	20:00 - 21:00	2

 CARDIO  COACHING  DANSE  RENFO  PULSE  ZEN

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VENDREDI

HORAIRE

UNITÉS

 Stretching	10:00 - 11:00	1
 Pilates	11:00 - 12:00	1
 Cardio Training 30'	12:00 - 12:30	0,5
 Circuit Training	12:30 - 13:30	1
 HIIT	18:00 - 19:00	1
 Full Body Training	18:30 - 19:30	1
 Yoga Vinyasa	18:30 - 19:30	1
 Cardio Training	19:00 - 20:00	1
 Cross Training	19:00 - 20:00	1
 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

 CARDIO  COACHING  DANSE  RENFO  PULSE  ZEN

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SAMEDI

HORAIRE

UNITÉS

 Stretching	09:00 - 10:00	1
 Full Body Training	10:00 - 11:00	1
 Cardio Training	10:00 - 11:00	1
 Yoga Vinyasa	10:00 - 11:00	1
 Cross Training	11:00 - 12:00	1
 Step	11:00 - 12:00	1
 100% Coaching	11:00 - 12:00	2
 Pilates -NIV 1-	11:30 - 12:30	1
 Zumba	12:00 - 13:00	1
 Free Weight	12:00 - 13:00	1
 Pilates -NIV 2-	12:30 - 13:30	1

 **CARDIO**  **COACHING**  **DANSE**  **RENFO**  **PULSE**  **ZEN**

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DIMANCHE

HORAIRE

UNITÉS

 Pilates -NIV 2-	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
 Yoga Vinyasa	10:30 - 11:30	1
 100% Coaching	10:30 - 11:30	2
 Fit & Move	11:00 - 12:00	1
 Boxe Coaching	11:00 - 12:00	2
 100% Coaching	11:30 - 12:30	2
 Yoga Vinyasa	11:30 - 12:30	1
 Re-Bound	12:00 - 13:00	1
 Circuit Training	12:00 - 13:00	1
 Pilates -NIV 1-	12:30 - 13:30	1

 CARDIO  COACHING  DANSE  RENFO  PULSE  ZEN

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