

LUNDI

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
 Cross Training	12:30 - 13:30	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
 Free Weight	19:30 - 20:30	1
 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

MARDI

HORAIRE UNITÉS

 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
 Fit & Move	12:30 - 13:30	1
 Boxe Coaching	12:30 - 13:30	2
 Training	17:00 - 18:00	1
 Cuisses Abdos Fessiers	17:30 - 18:30	1
 Gym Douce	18:00 - 19:00	1
 Circuit Training	18:00 - 19:00	1
 Atelier Hatha Yoga	18:30 - 19:30	1,5
 Cardio Training	18:30 - 19:30	1
 Stretching	18:30 - 19:30	1
 Free Weight	19:00 - 20:00	1
 Re-Bound	19:00 - 20:00	1
 Full Body Training	19:00 - 20:00	1
 Atelier Vinyasa	19:30 - 20:30	1,5
 Cardio Coaching	19:30 - 20:30	2
 Pilates	19:30 - 20:30	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.

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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
 Cross Training	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
 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
 Atelier Vinyasa Yoga	12:30 - 13:30	1,5	 Circuit Training	17:30 - 18:30	1
 Pilates	15:00 - 16:00	1	 Stretching	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	18:30 - 19:30	1
 Atelier Nidra Yoga	18:30 - 19:30	1,5	 Street Jazz	18:30 - 19:30	1
 Cross Training	18:30 - 19:30	1	 Atelier Vinyasa Yoga	18:30 - 19:30	1,5
 Cardio Coaching	18:30 - 19:30	2	 Free Weight	18:30 - 19:30	1
 100% Coaching	18:30 - 19:30	2	 Re-Bound	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	 Full Body Training	19:30 - 20:30	1
 Atelier Vinyasa Yoga	19:30 - 20:30	1,5	 Fitness Ballet	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	19:45 - 20:45	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

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VENDREDI

HORAIRE UNITÉS

 Stability	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
 HIIT	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
 Atelier Vinyasa Doux	09:00 - 10:00	1,5
 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
 Atelier Yoga Prénatal	10:00 - 11:00	1,5
 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
 HIIT	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 Yin 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 Warrior Yoga	12:00 - 13:00	1,5
 Pilates	12:30 - 13:30	1

 CARDIO
  COACHING
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  RENFO
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