















































LUNDI

	HORAIRE	UNITÉS		HORAIRE	UNITÉS
 Stability 30'	08:00 - 08:30	0,5	 Free Weight Coaching	19:00 - 20:00	2
 Stretching 30'	08:30 - 09:00	0,5	 Functional Training	19:15 - 20:00	1
 Pilates	09:00 - 10:00	1	 Vibe Coaching 30'	19:30 - 20:00	1
 Gym Douce	10:00 - 11:00	1	 Full Body Training	19:30 - 20:30	1
 Hatha Yoga	10:00 - 11:00	1	 Yoga Vinyasa	19:30 - 20:30	1
 Hatha Yoga	11:00 - 12:00	1	 Run Coaching	20:00 - 20:45	2
 Training	11:00 - 12:00	1	 Cross Training	20:00 - 21:00	1
 Vibe Coaching 30'	12:00 - 12:30	1	 Step	20:00 - 21:00	1
 100% Fesslers 30'	12:15 - 12:45	0,5	 100% Coaching	20:00 - 21:00	2
 Functional Training	12:30 - 13:15	1	 Stretching	20:30 - 21:30	1
 Fit & Move	12:45 - 13:30	1	 Boxe Coaching	21:00 - 22:00	2
 Stretching	12:45 - 13:45	1			
 Pilates	15:30 - 16:30	1			
 Training	16:30 - 17:30	1			
 100% Abdos 30'	17:30 - 18:00	0,5			
 Vibe Coaching 30'	17:30 - 18:00	1			
 Yoga Klds 8-11ANS	17:30 - 18:30	-			
 100% Fesslers 30'	18:00 - 18:30	0,5			
 Free Weight	18:00 - 19:00	1			
 100% Coaching	18:00 - 19:00	2			
 Boxe Coaching	18:00 - 19:00	2			
 Cardio Coaching	18:15 - 19:00	2			
 Barre au sol	18:30 - 19:30	1			
 Pilates	18:30 - 19:30	1			
 Vibe Coaching 30'	19:00 - 19:30	1			
 Cardio Training	19:00 - 20:00	1			
 Pump Training	19:00 - 20:00	1			

 CARDIO
  COACHING
  DANSE
  ENFANT
  RENFO
  PULSE
  ZEN

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




















MARDI

	HORAIRE	UNITÉS		HORAIRE	UNITÉS
 Cuisses Abdos Fessiers 30'	08:00 - 08:30	0,5	 Run Coaching	19:15 - 20:00	2
 Barre au sol 30'	08:30 - 09:00	0,5	 Vibe Coaching 30'	20:00 - 20:30	1
 Training	09:00 - 10:00	1	 Cardio Training	20:00 - 21:00	1
 Stretching	10:00 - 11:00	1	 Circuit Training	20:00 - 21:00	1
 Full Body Training	10:30 - 11:30	1	 Fit & Move	20:00 - 21:00	1
 Pilates	11:00 - 12:00	1	 Pilates	20:00 - 21:00	1
 Functional Training	11:30 - 12:15	1	 Boxe Coaching	20:00 - 21:00	2
 100% Abdos 30'	12:15 - 12:45	0,5			
 Vibe Coaching 30'	12:15 - 12:45	1			
 Yoga Vinyasa	12:30 - 13:30	1			
 Zumba	12:45 - 13:30	1			
 Boxe Coaching	12:45 - 13:45	2			
 Cross Training	16:30 - 17:30	1			
 Éveil Corporel 3-5ANS	17:00 - 18:00	-			
 Cardio Training 30'	17:30 - 18:00	0,5			
 Vibe Coaching 30'	18:00 - 18:30	1			
 Cross Training Ados	18:00 - 19:00	-			
 Full Body Training	18:00 - 19:00	1			
 Modern Jazz 10ANS ET +	18:00 - 19:00	-			
 Yoga Vinyasa	18:00 - 19:00	1			
 100% Coaching	18:00 - 19:00	2			
 Bike Coaching	18:30 - 19:15	2			
 Cross Training	19:00 - 20:00	1			
 Fitness Ballet	19:00 - 20:00	1			
 Re-Bound	19:00 - 20:00	1			
 Stretching	19:00 - 20:00	1			
 100% Coaching	19:00 - 20:00	2			

 **CARDIO**
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 **ZEN**

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MERCREDI

	HORAIRE	UNITÉS		HORAIRE	UNITÉS
 Pilates	08:00 - 09:00	1	 100% Abdos 30'	18:00 - 18:30	0,5
 Circuit Training	09:00 - 10:00	1	 Boxe Ados	18:00 - 19:00	-
 Vibe Coaching 30'	10:00 - 10:30	1	 Modern Jazz Ados	18:00 - 19:00	-
 Training	10:30 - 11:30	1	 100% Fesslers 30'	18:30 - 19:00	0,5
 Free Weight	11:15 - 12:15	1	 Vibe Coaching 30'	18:30 - 19:00	1
 Stretching 30'	11:30 - 12:00	0,5	 Cardio Training	18:30 - 19:30	1
 Cuisses Abdos Fesslers 30'	12:15 - 12:45	0,5	 Functional Training	18:45 - 19:30	1
 Vibe Coaching 30'	12:15 - 12:45	1	 Vibe Coaching 30'	19:00 - 19:30	1
 Cardio Training 30'	12:45 - 13:15	0,5	 Barre au sol	19:00 - 20:00	1
 Step	12:45 - 13:30	1	 Step	19:00 - 20:00	1
 Cross Training	12:45 - 13:45	1	 Zumba	19:00 - 20:00	1
 Pilates	12:45 - 13:45	1	 Cardio Coaching	19:30 - 20:15	2
 Training 30'	13:15 - 13:45	0,5	 Cross Training	19:30 - 20:30	1
 Éveil Danse 4-5ANS	15:00 - 16:00	-	 100% Coaching	19:30 - 20:30	2
 Fitness Klds 6ANS ET +	15:00 - 16:00	-	 Modern Jazz -NIV.2-	20:00 - 21:00	1
 Pilates	15:00 - 16:00	1	 Pilates	20:00 - 21:00	1
 Danse Klds 6ANS ET +	16:00 - 17:00	-	 Pump Training	20:00 - 21:00	1
 Éveil Corporel 3-5ANS	16:00 - 17:00	-	 Run Coaching	20:15 - 21:00	2
 Hip Hop Klds 8ANS ET +	16:00 - 17:00	-	 100% Coaching	20:30 - 21:30	2
 Training	16:00 - 17:00	1	 Boxe Coaching 30'	20:30 - 21:30	2
 Vibe Coaching 30'	17:00 - 17:30	1	 Salsa Cubaine	21:00 - 22:00	1
 Boxe Klds 8ANS ET +	17:00 - 18:00	-	 Hip Hop -NIV.1-	21:00 - 22:30	1
 Danse Klds 8ANS ET +	17:00 - 18:00	-			
 Fitness Klds 9ANS ET +	17:00 - 18:00	-			
 Hip Hop Ados	17:00 - 18:00	-			
 Vibe Coaching 30'	17:30 - 18:00	1			
 HIIT	17:45 - 18:30	1			

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JEUDI

	HORAIRE	UNITÉS		HORAIRE	UNITÉS
 Functional Training 30'	08:00 - 08:30	0,5	 Run Coaching	19:15 - 20:00	2
 Cardio Training 30'	08:30 - 09:00	0,5	 Full Body Training	19:30 - 20:30	1
 Vibe Coaching 30'	09:00 - 09:30	1	 Stretching	19:30 - 20:30	1
 Gym Douce	09:30 - 10:30	1	 HIIT	20:00 - 20:45	1
 Pilates	10:00 - 11:00	1	 Re-Bound	20:00 - 21:00	1
 Stretching	10:30 - 11:30	1	 Boxe Coaching	20:00 - 21:00	2
 Circuit Training	11:00 - 12:00	1	 Danse Classique	20:30 - 21:30	1
 Vibe Coaching 30'	11:30 - 12:00	1	 Pilates	20:30 - 21:30	1
 Pilates	11:30 - 12:30	1	 100% Coaching	20:30 - 21:30	2
 Stabllity 30'	12:15 - 12:45	0,5			
 Barre au sol	12:30 - 13:30	1			
 Full Body Training	12:45 - 13:30	1			
 HIIT	12:45 - 13:30	1			
 Free Weight	16:30 - 17:30	1			
 Cardio Training	17:30 - 18:30	1			
 Éveil Danse 4-5ANS	17:30 - 18:30	-			
 Pilates	17:30 - 18:30	1			
 Fitness Ados	18:00 - 19:00	-			
 Boxe Coaching	18:00 - 19:00	2			
 Vibe Coaching 30'	18:30 - 19:00	1			
 Bike Coaching	18:30 - 19:15	2			
 Danse Classique Ados	18:30 - 19:30	-			
 Yoga Vinyasa	18:30 - 19:30	1			
 Vibe Coaching 30'	19:00 - 19:30	1			
 Boxe Glrly	19:00 - 20:00	1			
 Free Weight	19:00 - 20:00	1			
 100% Coaching	19:00 - 20:00	2			

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VENDREDI

HORAIRE




UNITÉS

SAMEDI

HORAIRE

UNITÉS

 Cuisses Abdos Fessiers 30'	08:00 - 08:30	0.5
 Stability 30'	08:30 - 09:00	0.5
 Stretching	09:00 - 10:00	1
 Training	10:00 - 11:00	1
 Free Weight	11:00 - 12:00	1
 Pilates	11:00 - 12:00	1
 Vibe Coaching 30'	12:00 - 12:30	1
 Functional Training	12:00 - 12:45	1
 Pump Training	12:30 - 13:15	1
 Yoga Vinyasa	12:30 - 13:30	1
 Boxe Coaching	12:30 - 13:30	2
 Cardio Training 30'	12:45 - 13:15	0,5
 100% Abdos 30'	13:15 - 13:45	0,5
 Training	16:30 - 17:30	1
 100% Abdos 30'	17:30 - 18:00	0,5
 Yoga Ados	17:30 - 18:30	-
 Functional Training	17:45 - 18:30	1
 Boxe Ados	18:00 - 19:00	-
 Stretching	18:00 - 19:00	1
 Full Body Training	18:30 - 19:30	1
 Cardio Training	19:00 - 20:00	1
 Pilates	19:00 - 20:00	1
 Vibe Coaching 30'	19:30 - 20:00	1
 Hip Hop -NIV.1-	19:30 - 21:00	1
 100% Coaching	20:00 - 21:00	2
 Boxe Coaching	20:00 - 21:00	2

 Éveil Corporel 3-5ANS	09:00 - 10:00	-
 Stretching	09:00 - 10:00	1
 Yoga Klds 5-7ANS	09:00 - 10:00	-
 Vibe Coaching 30'	10:00 - 10:30	1
 Cardio Training	10:00 - 11:00	1
 Cross Training	10:00 - 11:00	1
 Fitness Klds 6ANS ET +	10:00 - 11:00	-
 Full Body Training	10:00 - 11:00	1
 Yoga	10:00 - 11:00	1
 Vibe Coaching 30'	10:30 - 11:00	1
 Functional Training	11:00 - 11:45	1
 Modern Jazz -NIV.1-	11:00 - 12:00	1
 Pilates -NIV.1-	11:00 - 12:00	1
 Step	11:00 - 12:00	1
 100% Coaching	11:00 - 12:00	2
 Cardio Coaching	12:00 - 12:45	2
 Cross Training	12:00 - 13:00	1
 Gym douce	12:00 - 13:00	1
 Pump Training	12:00 - 13:00	1
 Zumba	12:00 - 13:00	1
 Fitness Ballet	13:00 - 14:00	1
 Free Weight	13:00 - 14:00	1
 Pilates -NIV.2-	13:00 - 14:00	1
 Boxe Coaching	13:00 - 14:00	2
 HIIT	14:15 - 15:00	1
 100% Coaching	15:00 - 16:00	2
 Functional Training	16:00 - 16:45	1
 Vibe Coaching 30'	16:45 - 17:15	1












 **CARDIO**
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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
 Vibe Coaching 30'	10:30 - 11:00	1
 Fit & Move	10:30 - 11:30	1
 Yoga	10:30 - 11:30	1
 100% Coaching	10:30 - 11:30	2
 Functional Training	11:00 - 11:45	1
 Free Weight Coaching	11:00 - 12:00	2
 Stability	11:00 - 12:00	1
 Bike Coaching	11:30 - 12:15	2
 Circuit Training	11:30 - 12:30	1
 Yoga	11:30 - 12:30	1
 Vibe Coaching 30'	11:45 - 12:15	1
 Re-Bound	12:00 - 13:00	1
 Boxe Coaching	12:00 - 13:00	2
 100% Coaching	12:15 - 13:15	2
 Pilates -NIV.1-	12:30 - 13:30	1
 CulsseS Abdos Fesslers 30'	13:00 - 13:30	0,5
 Run Coaching	13:00 - 13:45	2

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