PLANNING DES COURS COLLECTIFS TERRESTRES

A PARTIR DU 5 DÉCEMBRE 2022

Clubmoving

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:15 - 10:15 SCULPT & STRETCH	9:00 - 9:45 BODYPUMP	9:15 - 10:00 SPECIAL DOS	9:00 - 9:30 CORE TR 9:30 - 10:15 STRETCH	9:15 - 10:00 BODYBALANCE	9:15 - 10:00 CAF	
10:30 - 11:30 HATHA YOGA	10:00 - 11:00 HATHA YOGA	10:15 - 11:00 BODYPUMP	10:30 - 11:15 CAF	10:00 - 11:00 HATHA YOGA	10:15 - 11:00 ZUMBA	10:00 - 10:45 BODYSCULPT
11:30 - 12:15 BODYBALANCE	11:15 - 12:00 PILATES	11:15 - 12:00 CROSS TRAINING	11:30 - 12:15 PILATES	11:15 - 12:00 FIT BALL	11:15 - 12:15 BODYPUMP	11:00 - 12:00 YOGA & STRETCH
12:30 - 13:30 BODYPUMP	12:30 - 13:15 CAF	12:30 - 13:30 HATHA YOGA	12:30 - 13:15 BODYBALANCE	12:30 - 13:30 BODYPUMP	12:30 - 13:00 STRETCHING	
17:30 - 18:15 FIT BALL	17:30 - 18:15 BODYPUMP	17:30 - 18:15 BODYBALANCE	17:30 - 18:15 PILATES	17:30 - 18:15 BODYPUMP		
18:15 - 19:15 YOGA	18:30 - 19:15 BODYATTACK	18:30 - 19:15 ZUMBA	18:15 - 19:00 BODYCOMBAT	18:30 - 19:15 CAF		
19:30 - 20:15 BODYBALANCE	19:15- 20:00 CAF	19:30 - 20:30 SCULPT & STRETCH	19:00 - 20:00 BODYPUMP	19:15 - 20:00 ZUMBA		
	20:00 - 20:30 PILATES		20:00 - 20:30 CORE TR	20:00 - 20:30 STRETCHING		

PLANNING DES COURS DE CYCLING ET RPM

A PARTIR DU 5 DÉCEMBRE 2022

Clubmoving

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					10:15 CYCLING 45'	
		11:15 CYCLING 45'				
	12:30 RPM 45'		12:30 RPM 45'			12:15 CYCLING 45'
18:30 RPM 45'		18:30 RPM 45'		18:30 CYCLING 45'		

PLANNING DES COURS AQUATIQUES

A PARTIR DU 5 DÉCEMBRE 2022

Clubmoving

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8:30 - 9:15 AQUA POWER	8:30 - 9:15 AQUA GYM	8:30 - 9:15 AQUA SCULPT	8:30 - 9:15 AQUA POWER	8:30 : 9:15 AQUA GYM	
9:30 - 10:15 AQUA GYM	9:30 - 10:15 AQUA SCULPT	9:30 - 10:15 AQUA GYM	9:30 - 10:15 AQUA BIKING	9:30 - 10:15 AQUA SCULPT	09:30 - 10:15 AQUA GYM
					10:30 - 11:15 AQUA SCULPT
11:30 - 12:15 AQUA BIKING	11:30 - 12:15 AQUA POLE	11:30 - 12:15 AQUA TRAINING	11:30 - 12:15 AQUA BIKING	11:30 - 12:15 AQUA POWER	11:30 - 12:15 AQUA BIKING
12:30 - 13:15 AQUA BOXING	12:30- 13:15 AQUA BIKING	12:30 - 13:15 AQUA POWER	12:30 - 13:15 AQUA BIKING	12:30 - 13:15 AQUA POLE	12:30 - 13:15 AQUA BIKING
18:00 - 18:45 AQUA GYM	17:45 - 18:30 AQUA BIKING	18:00 - 18:45 AQUA POWER	17:45 - 18:30 AQUA POLE	18:00 - 18:45 AQUA BOXING	
19:00 - 19:45 AQUA POWER	18:45 - 19:30 AQUA BIKING	19:00 - 19:45 AQUA TRAINING	18:45 - 19:30 AQUA BOXING	19:00 - 19:45 AQUA BIKING	

PLANNING DE LA FUNCTIONAL ZONE

A PARTIR DU 5 DÉCEMBRE 2022

Clubmoving

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
				10:45 -11:15 MOV'HIIT	
		12:30 - 13:00 MOV'HIIT			

17:00 -17:30 MOV'HIIT			17:00 -17:30 MOV'HIIT		
	18:00 -18:30 MOV'HIIIT				