

PLANNING DES COURS COLLECTIFS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:15 - 10:15 SCULPT & STRETCH	9:15 - 10:00 BODYPUMP	9:15 - 10:00 SPECIAL DOS	9:15 - 10:15 YOGA ALIGNEMENT	9:15 - 10:00 BODYBALANCE	9:15 - 10:00 C.A.F	
10:30 - 11:00 SPECIAL DOS	10:15 - 11:15 HATHA YOGA	10:15 - 11:00 BODYPUMP	10:30 - 11:15 C.A.F	10:15 - 11:15 HATHA YOGA	10:15 - 11:00 ZUMBA	10:00 - 11:00 BODYSCULPT
11:15 - 12:15 HATHA YOGA	11:30 - 12:15 PILATES	11:15 - 12:00 C.A.F	11:30 - 12:15 PILATES	11:30 - 12:15 FITBALL	11:15 - 12:15 BODYPUMP	11:15 - 12:15 YOGA & STRETCH
12:30 - 13:30 BODYPUMP	12:30 - 13:15 C.A.F	12:30 - 13:30 HATHA YOGA	12:30 - 13:15 BODYBALANCE	12:30 - 13:30 BODYPUMP		
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 FLOW	18:30 - 19:15 BODYATTACK	18:30 - 19:15 ZUMBA	18:15 - 18:45 CORE TRAINING	18:15 - 19:15 YOGA DANSE AIR ®		
19:30 - 20:15 BODYBALANCE	19:15 - 20:00 C.A.F	19:30 - 20:30 SCULPT & STRETCH	18:45 - 19:30 BODYCOMBAT	19:15 - 20:00 ZUMBA		
	20:00 - 20:30 PILATES		19:30 - 20:00 BODYPUMP			
			20:00 - 20:30 STRETCHING			

PLANNING DES COURS DE CYCLING ET RPM

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					10:15 - 11:00 CYCLING 45'
11:30 - 12:15 CYCLING 45'					
	12:30 - 13:15 RPM 45'		12:30 - 13:15 RPM 45'		
18:30 - 19:15 RPM 45'		18:30 - 19:15 RPM 45'		18:30 - 19:15 CYCLING 45'	

PLANNING DES COURS AQUATIQUES

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

PLANNING DE LA *FUNCTIONAL ZONE*

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
			9:45 - 10:15 MOV'HIIT		
				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'HIIT				18:00 - 18:30 MOV'HIIT
				19:30 - 20:00 MOV'HIIT	