

VOTRE PLANNING DE COURS

DU 01 AOÛT AU 28 AOÛT

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h
Lundi 06h-23h		C.A.F* 09h00 (45') TEAM TRAINING* 09h00 (45')	YOGA* 10h00 (1h15') RPM* 10h00 (45')			BODYPUMP* 12h30 (45') BOXING* 12h30 (45')				SWISS BALL* 16h30 (45')	BODY PUMP* 17h30 (1h00') TEAM TRAINING* 17h30 (45')	BODY ATTACK 18h30 (1h00') FIT BOXING* 18h30 (1h00') OXYGÈNE RIDE* 18h30 (45')	STEP INTERMÉDIAIRE* 19h30 (1h00') POLE DANCE* 19h30 (1h30')	
		AQUA DYNAMIC* 09h00 (45')	AQUA WORK* 10h00 (45')	AQUA BIKING* 11h00 (45')		AQUA BIKING* 12h30 (45')	AQUA GYM* 13h45 (45')			AQUA GYM* 16h30 (45')	AQUA BIKING* 17h30 (45')	AQUA DYNAMIC* 18h30 (45')		
Mardi 06h-23h		LES MILLS CORE* 09h00 (45') GRIT* 09h15 (30')	STRETCHING 10h00 (45') TEAM TRAINING* 10h00 (45')			BODY COMBAT 12h30 (45') CROSS TRAINING* 12h30 (45') RPM* 12h30 (45')				BODY SCULPT* 16h45 (45') CROSS TRAINING* 16h45 (45')	STEP DÉBUTANT* 17h30 (1h00') YOGA* 17h30 (1h00') OXYGÈNE RIDE* 17h30 (45')	AERO INTERMÉDIAIRE 18h30 (1h00') BODY BALANCE 18h30 (45') RPM* 18h30 (45')	BODYPUMP* 19h30 (1h00') CROSS TRAINING* 19h30 (45')	
		AQUA BIKING* 09h00 (45')	AQUA BIKING* 10h00 (45')	AQUA WORK* 11h00 (45')		AQUA DYNAMIC* 12h30 (45')	NAGE LIBRE* 14h00 (45')			NAGE LIBRE FEMME* 16h30 (45')	AQUA GYM* 17h30 (45')	AQUA WORK* 18h30 (45')	AQUA BIKING* 19h30 (45')	
Mercredi 06h-23h		BODY PUMP* 09h00 (1h00')	BODY BALANCE 10h00 (1h00') CROSS TRAINING* 10h00 (45')			STEP DÉBUTANT* 12h30 (45') BODY BALANCE* 12h30 (45')				TEAM TRAINING* 16h30 (45')	BODY COMBAT 17h30 (1h00') C.A.F* 17h30 (1h00') RPM* 17h30 (45')	GRIT* 18h30 (30') OXYGÈNE RIDE* 18h30 (45')	STRETCHING 19h30 (45') BOXING ADVANCE* 19h30 (1h00')	
		AQUA GYM* 09h00 (45')	AQUA WORK* 10h00 (45')	AQUA BIKING* 11h00 (45')		AQUA BIKING* 12h30 (45')					AQUA BIKING* 17h30 (45')	AQUA BIKING* 18h30 (45')	AQUA WORK* 19h30 (45')	
Jeudi 06h-23h		BODY SCULPT* 09h00 (45') OXYGÈNE RIDE* 09h15 (45')	AERO DÉBUTANT 10h00 (1h00')			BODY PUMP* 12h30 (45') TEAM TRAINING* 12h30 (45')				TEAM TRAINING* 16h45 (45')	AERO DÉBUTANT 17h30 (1h00') OXYGÈNE RIDE* 17h30 (45')	STEP / AERO NIVEAU DEB / INTER 18h30 (1h00') TEAM TRAINING* 18h30 (45')	BODYJAM 19h30 (1h00') POLE DANCE* 19h30 (1h30')	
		AQUA WORK* 09h00 (45')	AQUA DYNAMIC* 10h00 (45')	NAGE LIBRE* 11h00 (45')		AQUA GYM* 12h30 (45')	AQUA DYNAMIC* 13h45 (45')			AQUA BIKING* 16h30 (45')	AQUA DYNAMIC* 17h30 (45')	AQUA GYM* 18h30 (45')		
Vendredi 06h-23h		SWISS BALL* 09h00 (45') CROSS TRAINING* 09h00 (45')	STRETCHING 10h00 (1h00') RPM* 10h00 (45')			BODY ATTACK 12h30 (45') YOGA* 12h30 (1h00') OXYGÈNE RIDE* 12h30 (45')				GRIT* 16h45 (30') C.A.F* 16h45 (45')	BODY PUMP* 17h30 (1h00') LES MILLS CORE* 17h30 (45')	STRETCHING 18h30 (45') CROSS TRAINING* 18h30 (45')		
		AQUA BIKING* 09h00 (45')	AQUA BIKING* 10h00 (45')	AQUA DYNAMIC* 11h00 (45')		AQUA WORK* 12h30 (45')				AQUA GYM* 16h30 (45')	AQUA WORK* 17h30 (45')	AQUA BIKING* 18h30 (45')		
Samedi 06h-19h		BODY PUMP* 09h00 (1h00')		BODY BALANCE 11h00 (1h00')		C.A.F* 12h30 (45')	CROSS TRAINING* 13h30 (45')							
		AQUA GYM* 09h00 (45')	OXYGÈNE RIDE* 10h00 (45') AQUA DYNAMIC* 10h00 (45')	AQUA WORK* 11h00 (45')		AQUA BIKING* 12h30 (45')								
Dimanche 06h-19h														

* Cours avec réservation

EUPHORIA	ATHLETICA	LE K2 CYCLING	AQUA	À L'EXTÉRIEUR	MUSCULATION
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* Planning pouvant être modifié à tout moment en cas de force majeure (travaux absence d'un coach...)