

VOTRE PLANNING DE COURS

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h
Lundi 06h-23h		CROSS TRAINING* 08h15 (45') MATHIAS	C.A.F* 09h00 (45') NATHALIE TEAM TRAINING* 09h00 (45') MATHIAS AQUA DYNAMIC* 09h00 (45') VINCENT	SWISS BALL* 10h00 (45') MATHIAS YOGA DOUX* 09h45 (1h15') CHLOÉ RPM* 10h00 (45') NATHALIE AQUA WORK* 10h00 (45') VINCENT	PILATES 11h00(45') MATHIAS AQUA BIKING* 11h00 (45') VINCENT		BODYPUMP* 12h30 (45') NATHALIE BOXING* 12h30 (45') OXYGÈNE RIDE* 12h30 (45') SARA AQUA BIKING* 12h30 (45') VINCENT	PILATES 14h00 (45') NATHALIE AQUA GYM* 13h45 (45') VINCENT		TEAM TRAINING* 15h45 (45') WALID GRIT* 16h45(30') WALID AQUA TRAINING* 16h30 (45')	SWISS BALL* 16h30 (45') NATHALIE BODY PUMP* 17h30 (1h00') YACINE PILATES* 17h30(45') JOSEPHINE RPM* 17h30(45') NATHALIE AQUA BIKING* 17h30 (45')	BODY ATTACK 18h30 (1h00') JOSEPHINE FIT BOXING* 18h30 (1h00') ELÉONORE OXYGÈNE RIDE* 18h30 (45') YACINE AQUA DYNAMIC* 18h30 (45') EVEREST RUN* 18h30 (45') NATHALIE	AÉRO INTERMÉDIAIRE* 19h30 (1h00') YACINE POLE DANCE AVANCÉ * 19h30 (1h30') CELIA SPRINT* 19h30 (30') ELÉONORE AQUA TONUS* 19h30 (45')	BODY BALANCE 20h30 (45') JOSEPHINE
		SPRINT* 08h30 (30')Eléonore	LES MILLS CORE* 09h00 (45') YACINE GRIT* 09h15 (30')WALID AQUA BIKING* 09h00 (45') VINCENT	STRETCHING 10h00 (45') JOSEPHINE TEAM TRAINING* 10h00 (45') YACINE AQUA BIKING* 10h00 (45') VINCENT		CROSS TRAINING* 11h00 (45') WALID AQUA WORK* 11h00 (45') VINCENT	BODY ATTACK 12h30 (45') ELÉONORE/ JOSEPHINE CROSS TRAINING* 12h30 (45') MATHIAS RPM* 12h30 (45') NATHALIE AQUA DYNAMIC* 12h30 (45') VINCENT	NAGE LIBRE* 14h00 (45') VINCENT		M.E.C* 16h00 (45') NATHALIE BODY SCULPT* 16h45 (45') YACINE CROSS TRAINING* 16h45(45') ANTOINE NAGE LIBRE FEMMES* 16h30 (45') WALID	YOGA* 17h30 (1h00') ELÉONORE FUNCTIONAL MOBILITY 17h30 (45') JOSEPHINE OXYGÈNE RIDE* 17h30 (45') MATHIAS AQUA TRAINING* 17h30 (45') WALID EVEREST RUN* 17h30 (45') BRUNO	BODY COMBAT 18h30 (1h00') ELÉONORE CROSS TRAINING* 18h30 (45') JOSEPHINE RPM* 18h30 (45') NATHALIE AQUA WORK* 18h30(45') WALID	BODYPUMP* 19h30(1h00') BRUNO STRETCHING* 19h30(45') JOSEPHINE OXYGÈNE RIDE* 19h30 (45') YACINE AQUA BIKING* 19h30 (45') WALID	TEAM TRAINING* 20h30 (45') BRUNO NAGE LIBRE* 20h30 (45') WALID
			BODY PUMP* 09h00 (1h00') YACINE OXYGÈNE RIDE* 09h00 (45')JOSEPHINE AQUA TRAINING* 09h00(45')	BODY BALANCE 10h00(1h00') YACINE CROSS TRAINING* 10h00 (45') JOSEPHINE AQUA WORK* 10h00(45')	SWISS BALL* 11h00 (45') MONTASSAR AQUA BIKING* 11h00 (45')		STEP DÉBUTANT* 12h30 (45') MONTASSAR BODY BALANCE* 12h30(45') NATHALIE AQUA BIKING* 12h30(45') CIRCUIT TRAINING* 12h30 (45')		Baby Kids 15h30 (45') Nathalie	Kids 16h30 (45') Nathalie TEAM TRAINING* 16h30 (45') MATHIAS RPM* 16h30(45') ELÉONORE	C.A.F* 17h30 (1h00') MATHIAS BODY BALANCE 17h30 (45') ELÉONORE RPM* 17h30 (45') NATHALIE AQUA BIKING* 17h30 (45') WALID CIRCUIT TRAINING* 17h30 (45') BRUNO	ZUMBA 18h30(45') MONTASSAR GRIT* 18h30(30') ELÉONORE OXYGÈNE RIDE* 18h30(45') BRUNO AQUA BIKING* 18h30(45') WALID	STEP INTERMÉDIAIRE* 19h15 (45') MONTASSAR BOXING ADVANCE* 19h30 (1h00')	BACHATA 20h00 (1h00') MONTASSAR CROSS TRAINING* 20h30(45') MATHIAS
		TEAM TRAINING* 08h15 (45') YACINE	PILATES* 09h00 (45') YACINE BOXING* 09h15 (1h00') OXYGÈNE RIDE* 09h15 (45') BRUNO AQUA WORK* 09h00(45')	AÉRO DÉBUTANT 10h00 (1h00') MONTASSAR GRIT* 10h30 (30') SARA TEAM TRAINING* 12h30 (45') BRUNO SPRINT* 12h30 (30') SARA AQUA DYNAMIC* 10h00 (45') NAGE LIBRE* 11h00 (45') AQUA DYNAMIC* 10h00 (45') NAGE LIBRE* 11h00(45')		BODY PUMP* 12h30 (45') ELÉONORE TEAM TRAINING* 12h30 (45') BRUNO SPRINT* 12h30 (30') SARA AQUA TRAINING* 12h30 (45')		AQUA DYNAMIC* 13h45 (45') VINCENT		BODY PUMP* 16h45 (45') JOSEPHINE TEAM TRAINING* 16h45(45') BRUNO SPRINT* 16h45 (30') YACINE AQUA BIKING* 16h30(45') VINCENT	STEP/AÉRO DÉBUTANT 17h30 (1h00') YACINE BOXING* 17h30 (1h00') OXYGÈNE RIDE* 17h30 (45') JOSEPHINE AQUA DYNAMIC* 17h30 (45') VINCENT	STEP/AÉRO INTERMÉDIAIRE 18h30 (1h00') YACINE TEAM TRAINING* 18h30(45') PAUL OXYGÈNE RIDE* 18h30 (45') ANTOINE AQUA GYM* 18h30 (45') VINCENT	BODYJAM 19h30 (1h00') JOSEPHINE GRIT* 19h30 (30') ANTOINE NAGE LIBRE* 19h30 (45') VINCENT	POLE DANCE DÉBUTANT * 20h15 (1h30') CELIA
Vendredi 06h-23h		SWISS BALL* 09h00 (45') NATHALIE CROSS TRAINING* 09h00 (45') JOSEPHINE AQUA TRAINING* 09h00(45')	STRETCHING 10h00(1h00') ELÉONORE TEAM TRAINING* 10h00 (45') JOSEPHINE RPM* 10h00 (45') NATHALIE AQUA BIKING* 10h00 (45')		BODY COMBAT 12h30 (45') ELÉONORE/ MATHIAS YOGA DYNAMIQUE * 12h30(1h00') CHLOÉ OXYGÈNE RIDE* 12h30(45') NATHALIE AQUA WORK* 12h30(45')				CROSS TRAINING* 16h00 (45') MATHIAS GRIT* 16h45 (30') ELÉONORE C.A.F* 16h45 (45') MATHIAS AQUA TRAINING* 16h30 (45') PAUL	LES MILLS CORE* 17h30 (45') ELÉONORE CROSS TRAINING* 17h30 (45') JOSEPHINE OXYGÈNE RIDE* 17h30(45') YACINE AQUA WORK* 17h30 (45') PAUL	BODY PUMP* 18h30 (45') JOSEPHINE CROSS TRAINING* 18h30 (45') YACINE AQUA BIKING* 18h30(45') PAUL	BODY BALANCE 19h15(45') YACINE FUNCTIONAL MOBILITY 19h30 (45') JOSEPHINE		
	Samedi 06h-19h		BODY PUMP* 09h00 (1h00') MATHIAS TEAM TRAINING* 09h00 (45') NAGE LIBRE* 09h00 (45')		BODY BALANCE 11h00 (1h00') MATHIAS OXYGÈNE RIDE* 10h00 (45') MATHIAS AQUA DYNAMIC* 10h00 (45') CIRCUIT TRAINING* 10h00 (45')		C.A.F* 12h30(45') MATHIAS NAGE LIBRE* 13h00 (45')		BODY PUMP* 14h30(45') MATHIAS CROSS TRAINING* 15h30 (45')					
				BODY PUMP* 09h00 (45') CROSS TRAINING* 09h00 (45')	C.A.F* 10h00(45')	STRETCH 11h00(45')								
Dimanche 06h-19h														
		Kids AQUA BABY* 08h45 (45')	Kids AQUA KID* 09h30 (45')	Kids AQUA BABY* 10h15 (45')	Kids AQUA KID* 11h00 (45')		AQUA BIKING* 12h00 (45')	NAGE LIBRE 13h00 (45h')						

* Cours avec réservation

EUPHORIAATHLETICALÉ K2 CYCLINGAQUAÀ L'EXTÉRIEURMUSCULATION

* Planning pouvant être modifié à tout moment en cas de force majeure (travaux absence d'un coach...)

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