

# VOTRE PLANNING DE COURS

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	
Lundi 06h-23h		C.A.F* 09h00 (45') NATHALIE	SWISS BALL* 10h00 (45') MONTASSAR	ZUMBA 11h00(45') MONTASSAR		BODYPUMP* 12h30 (45') NATHALIE	PILATES 14h00 (45') NATHALIE			SWISS BALL* 16h45 (45') YACINE	BODY PUMP* 17h30 (1h00') MATHIEU	BODY ATTACK 18h30 (1h00') MATHIEU	STEP INTERMÉDIAIRE* 19h30 (1h00') HAMMADI	BODY BALANCE 20h30 (45') ELEONORE	
	CROSS TRAINING* 08h15 (45') YACINE	TEAM TRAINING* 09h00 (45') YACINE	YOGA* 10h00 (1h15') CHLOÉ			BOXING* 12h30 (45') ALAIN			TEAM TRAINING* 15h45 (45') WALID	GRIT* 16h45(45') ELEONORE	PILATES* 17h30(45') YACINE	FIT BOXING* 18h30 (1h00') ELEONORE	POLE DANCE* 19h30 (1h30') CELIA		
			RPM* 10h00 (45') NATHALIE			OXYGÈNE RIDE* 12h30 (45') YACINE					RPM* 17h30(45') NATHALIE	OXYGÈNE RIDE* 18h30 (45') HAMMADI	SPRINT* 19h30 (30') ELEONORE		
		AQUA DYNAMIC* 09h00 (45') VINCENT	AQUA WORK* 10h00 (45') VINCENT	AQUA BIKING* 11h00 (45') VINCENT		AQUA BIKING* 12h30 (45') VINCENT	NL (20')	AQUA GYM* 13h45 (45') VINCENT	NAGE LIBRE 14h30 (1h00') VINCENT	NAGE LIBRE 15h30 (1h00') VINCENT	AQUA DYNAMIC* 16h30 (45') VALENTINE	AQUA BIKING* 17h30 (45') VALENTINE	AQUA BIKING* 18h30 (45') VALENTINE	NAGE LIBRE 19h30 (1h00') VALENTINE	AQUA TRAINING* 20h30 (45') VALENTINE
Mardi 06h-23h		LES MILLS CORE* 09h00 (45') MATHIEU	STRETCHING 10h00 (45') MATHIEU			BODY COMBAT 12h30 (45') ELEONORE					BODY SCULPT* 16h45 (45') YACINE	STEP DÉBUTANT* 17h30 (1h00') AYMEN	AERO 2 18h30 (1h00') AYMEN	BODYPUMP* 19h30(1h00') BRUNO	GRIT* 20h30 (30') SARA
		GRIT* 09h15 (30') WALID	TEAM TRAINING* 10h00 (45') ELEONORE			CROSS TRAINING* 12h30 (45') YACINE					CROSS TRAINING* 16h45(45') MATHIEU	YOGA* 17h30 (1h00') ELÉONORE	CROSS TRAINING* 18h45 (45') MATHIEU	STRETCHING* 19h30(45') NATHALIE	TEAM TRAINING* 20h30 (45') BRUNO
	SPRINT* 08h30 (30') ELEONORE					RPM* 12h30 (45') NATHALIE					OXYGÈNE RIDE* 17h30 (45') MATHIEU		RPM* 18h30 (45') NATHALIE	OXYGÈNE RIDE* 19h30 (45') YACINE	
		AQUA BIKING* 09h00 (45') VINCENT	AQUA BIKING* 10h00 (45') VINCENT	AQUA WORK* 11h00 (45') VINCENT	NAGE LIBRE 11h45(45') VINCENT	AQUA DYNAMIC* 12h30 (45') VINCENT		NAGE LIBRE 14h00(1h00') VINCENT	NAGE LIBRE 15h00 (1h00') VINCENT		NAGE LIBRE FEMME 16h15 (1h00') VALENTINE	AQUA GYM* 17h30 (45') VALENTINE	AQUA WORK* 18h30(45') VALENTINE	AQUA BIKING* 19h30 (45') VALENTINE	AQUA ZEN* 20h30(45') VALENTINE
Mercredi 06h-23h		BODY PUMP* 09h00 (1h00') MATHIEU	BODY BALANCE 10h00(1h00') MATHIEU	PILATES 11h00(45') YACINE		STEP DÉBUTANT* 12h30 (45') HAMMADI				Kids MOVE KID* 15h30 (45') Nathalie	Kids BABY GYM* 16h30 (45') Nathalie	BODY COMBAT 17h30 (1h00') ELÉONORE	ZUMBA 18h30(45') MONTASSAR	SWISS BALL* 19h15 (45') MONTASSAR	BACHATA* 20h00 (1h00') MONTASSAR
			CROSS TRAINING* 10h00 (45') YACINE			BODY BALANCE* 12h30(45') NATHALIE			TEAM TRAINING* 15h30 (45')	TEAM TRAINING* 16h30 (45') AYMEN	C.A.F* 17h30 (1h00') AYMEN	GRIT* 18h30(30') ELEONORE		BOXING ADVANCE* 19h30 (1h00') ALAIN	CROSS TRAINING* 20h30(45')
		OXYGÈNE RIDE* 09h00 (45') HAMMADI				SPRINT* 12h30 (30') YACINE				RPM* 16h30(45') ELEONORE	RPM* 17h30 (45') NATHALIE	OXYGÈNE RIDE* 18h30(45') BRUNO			
		AQUA GYM* 09h00(45') VALENTINE	AQUA WORK* 10h00(45') VALENTINE	AQUA BIKING* 11h00 (45') VALENTINE		AQUA BIKING* 12h30(45') VALENTINE	Kids AQUA KID* 13h30 (1h00') VALENTINE	Kids AQUA KID* 14h30 (1h00') VALENTINE	Kids AQUA BABY* 15h30 (1h00') WALID	NAGE LIBRE 16h30 (45') WALID	AQUA BIKING* 17h30 (45') WALID	AQUA BIKING* 17h30 (45') WALID	AQUA BIKING* 18h30(45') WALID	AQUA WORK* 19h30 (45') WALID	NAGE LIBRE 20h15(1h00') WALID
Jeudi 06h-23h		BODY SCULPT* 09h00 (45') YACINE	AERO DÉBUTANT 10h00 (1h00') HAMMADI			BODY PUMP* 12h30 (45') ELEONORE					LES MILLS CORE* 16h45 (30') MATHIEU	AERO DÉBUTANT 17h30 (1h00') HAMMADI	STEP INTERMÉDIAIRE* 18h30 (1h00') YACINE	BODYJAM 19h30 (1h00') REMI	EUPHORIA COMBAT 20h30 (45') REMI
	TEAM TRAINING* 08h15 (45') HAMMADI	GRIT* 09h30 (30') SARA	BOXING* 10h15 (1h00') ALAIN			TEAM TRAINING* 12h30 (45') BRUNO				TEAM TRAINING* 16h45(45') BRUNO	BOXING* 17h30 (1h00') ALAIN	TEAM TRAINING* 18h30(45')		BODY BALANCE* 19h30 (45') YACINE	POLE DANCE* 20h15 (1h30') CELIA
		OXYGÈNE RIDE* 09h15 (45') BRUNO				OXYGÈNE RIDE* 12h30 (45') SARA					OXYGÈNE RIDE* 17h30 (45') MATHIEU	OXYGÈNE RIDE* 18h30 (45') HAMMADI			
		AQUA WORK* 09h00(45') VALENTINE	AQUA DYNAMIC* 10h00 (45') VALENTINE	NAGE LIBRE 10h45 (1h00') VALENTINE		AQUA TRAINING* 12h30 (45') VALENTINE	AQUA DYNAMIC* 13h45(45') VINCENT	NAGE LIBRE 14h30 (1h00') VINCENT	NAGE LIBRE 15h30(1h00') VINCENT	AQUA BIKING* 16h30(45') VINCENT	AQUA DYNAMIC* 17h30 (45') VINCENT		AQUA GYM* 18h30 (45') VINCENT	NAGE LIBRE 19h30 (1h00') VINCENT	
Vendredi 06h-23h		SWISS BALL* 09h00 (45') NATHALIE	STRETCHING 10h00(45') ELEONORE			BODY ATTACK 12h30 (45') NATHALIE					GRIT* 16h45 (30') ELEONORE	STEP DÉBUTANT* 17h30 (1h00') AYMEN	BODY PUMP* 18h30 (1h00') YACINE	PILATES 19h30(45') YACINE	
		CROSS TRAINING* 09h00 (45') ELEONORE				YOGA* 12h30(1h00') CHLOÉ					C.A.F* 16h45 (45') AYMEN	LES MILLS CORE* 17h30 (45') ELEONORE	CROSS TRAINING* 18h30 (45') AYMEN		
			RPM* 10h00 (45') NATHALIE			OXYGÈNE RIDE* 12h30(45') MATHIEU						OXYGÈNE RIDE* 17h30(45') YACINE			
		AQUA BIKING* 09h00(45') WALID	AQUA BIKING* 10h00 (45') WALID	AQUA DYNAMIC* 11h00(45') WALID	NL (15')	AQUA WORK* 12h30(45') WALID	AQUA WORK* 13h45 (45') WALID	NAGE LIBRE 14h30 (1h00') WALID	NAGE LIBRE 15h30 (1h00') PAUL	AQUA GYM* 16h30 (45') PAUL	AQUA BIKING* 17h30 (45') PAUL	AQUA BIKING* 17h30 (45') PAUL	AQUA BIKING* 18h30(45') PAUL	AQUA TRAINING* 19h30 (45') PAUL	NAGE LIBRE 20h15(1h00') PAUL
Samedi 06h-19h		BODY PUMP* 09h00 (1h00') MATHIAS	C.A.F* 10h00(45')	BODY BALANCE 11h00 (1h00') MATHIAS			ZUMBA 13h15(45') MATHIAS	C.A.F* 14h00(45') MATHIAS							
		TEAM TRAINING* 09h00 (45')							CROSS TRAINING* 15h00 (45')						
			OXYGÈNE RIDE* 10h00 (45') MATHIAS												
		AQUA GYM* 09h00 (45')	AQUA DYNAMIC* 10h00 (45')	AQUA WORK* 11h00 (45')	AQUA BIKING* 12h00 (45')			Kids AQUA KID* 14h00 (1h00')	Kids AQUA BABY* 15h00 (1h00')						
Dimanche 06h-19h		BODY PUMP* 09h00 (1h00')	C.A.F* 10h00(45')	STRETCH 11h00(45')											
		CROSS TRAINING* 09h00 (45')													
			OXYGÈNE RIDE* 10h00 (45')	OXYGÈNE RIDE* 11h00 (45')											
		Kids AQUA BABY* 09h00 (1h00')	Kids AQUA KID* 10h00 (1h00')	AQUA BIKING* 11h30 (45')	AQUA TRAINING* 12h30 (45')			AQUA ZEN* 14h30 (30')	NAGE LIBRE 15h00 (1h00')						
* 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...)															

\* Cours avec réservation

EUPHORIAATHLETICALE K2 CYCLINGAQUAÀ L'EXTÉRIEURMUSCULATION

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