

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