

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

Tôt

07h45 (45') **Body Pump** 07h45 (45') **TRX Evolution** 07h45 (45') **Power Sculpt** 07h45 (45') **CAF** 07h45 (45') **Body Pump**

Matin

09h00 (60') **Basic Forme** 09h00 (30') **Abdos Fessiers** 09h00 (45') **Basic Forme** 09h00 (45') **Stretching** 09h00 (45') **Basic Forme** 09h15 (45') **TRX Evolution**
10h00 (45') **Stretching** 09h30 (45') **Stretching** 09h45 (15') **Abdos Express** 09h45 (15') **Abdos Express** 09h45 (15') **Abdos Express** 09h45 (60') **Power Sculpt**
11h45 (45') **TRX Evolution** 10h30 (60') **Gym Silver Tonic** 10h00 (60') **Body Balance** 10h00 (45') **Basic Forme** 10h00 (45') **Stretching** 10h15 (60') **Body Pump**
11h45 (45') **TRX Evolution** 11h45 (45') **Abdos Fessiers**
11h15 (45') **Sh'Bam**
11h15 (30') **Cx Worx**
11h45 (45') **Stretching**
11h45 (45') **Cycling**

Midi

12h15 (45') **Cycling** 12h15 (60') **Body Balance** 12h15 (60') **Body Pump** 12h15 (45') **CAF** 12h15 (60') **Strala Yoga** 12h15 (60') **Zumba**
12h30 (60') **Power Sculpt** 12h30 (60') **Body Pump** 12h30 (60') **Power Sculpt** 12h30 (45') **TRX Evolution** 12h30 (60') **Body Attack** 12h45 (45') **CAF**
13h00 (45') **Stretching** 13h00 (45') **Stretching** 13h45 (60') **Body Balance**

Après-midi

17h00 (60') **Pilates sculpt** 14h00 (90') **Yoga (Hatha)** 15h30 (90') **Danse Orientale** 14h30 (90') **Yoga (Hatha)** 17h00 (60') **Pilates sculpt** 14h15 (60') **Body Pump**
17h30 (60') **Power Sculpt** 17h00 (60') **Strala Yoga** 17h30 (45') **Spartan Outdoor** 17h00 (60') **Sophrologie** 17h30 (60') **Body Pump** 14h45 (30') **Abdos Fessiers**
17h30 (60') **Hip Hop** 17h30 (45') **CAF** 15h15 (45') **Stretching**
15h15 (90') **Freestyle Jazz**
17h00 (90') **Hip Hop**

Soir

18h00 (60') **Body Balance** 18h00 (60') **Power Sculpt** 18h00 (30') **Cx Worx** 18h00 (60') **Power Sculpt** 18h00 (30') **Abdos Fessiers**
18h30 (45') **Cycling** 18h30 (60') **Body Pump** 18h30 (60') **Power Sculpt** 18h30 (60') **Body Pump** 18h30 (30') **Cx Worx**
18h30 (45') **TRX Evolution** 19h00 (30') **Cx Worx** 18h30 (30') **Stretching** 19h00 (30') **Stretching** 18h30 (45') **Sh'Bam**
19h00 (30') **Abdos Fessiers** 19h30 (30') **Stretching** 19h00 (45') **CAF** 19h30 (60') **Sexy Bad Girls** 19h00 (45') **Cycling**
19h30 (30') **Stretching** 19h30 (60') **Zumba** 19h00 (45') **Cycling** 19h30 (45') **Cycling** 19h00 (60') **Body Balance**
19h30 (60') **Body Jam** 20h00 (45') **Cycling** 19h30 (60') **Body Combat** 19h30 (30') **Cx Worx** 19h30 (60') **Zumba**
20h00 (75') **Modern' Jazz** 20h00 (90') **Danse Orientale** 20h00 (60') **Power Sculpt** 20h00 (60') **Body Balance** 20h00 (75') **Modern' Jazz**
20h00 (45') **Cycling** 20h30 (60') **Body Attack** 20h30 (60') **Body Pump** 20h30 (60') **Body Jam** 20h30 (45') **Spartan Ready**
20h30 (60') **Body Combat**

Arrêt des activités 30 min avant la fermeture du club

- █ Cardio
- █ Danse
- █ Force
- █ Mouvement
- █ Tendence