

**PLANNING  
2024**



**LUNDI**

Fitness Training Étage

10.00/10.45

**BODY  
SCULPT**

12.15/12.45

**100 % ABDO**

12.45/13.30

**LES MILLS  
BODYPUMP**

12.15/12.45

**TRX**

12.45/13.30

**WOD  
TRAINING**

17.30/18.00

**BODY S.**

18.00/18.45

**LES MILLS  
BODYCOMBAT**

18.45/19.15

**100% ABDO**

19.15/20.00

**LES MILLS  
RPM**

20.00/21.00

**FIT BOXE**

17.30/18.15

**DECA  
BIKE**

18.15/19.15

**WOD  
TRAINING**

19.15/20.00

**CROSS  
TRAINING**

18.00/19.00

**YOGA**

19.15/20.15

**YOGA**

**MARDI**

Fitness Training Étage

10.00/10.45

**CAF**

12.15/12.45

**BODY S.**

12.45/13.30

**LES MILLS  
BODYCOMBAT**

17.30/18.00

**HIIT**

18.00/18.45

**LES MILLS  
BODYPUMP**

18.45/19.15

**A.F.**

19.15/20.00

**LES MILLS  
DANCE**

20.00/20.45

**BOXING  
TRAINING**

12.15/12.45

**TABATA A.**

12.45/13.30

**CROSS  
TRAINING**

18.00/18.45

**CROSS  
TRAINING**

18.45/19.15

**TRX**

19.15/20.00

**DECA  
BIKE**

17.30/18.15

**PILATES**

18.15/19.15

**FLEX  
&  
FIT**

**MERCREDI**

Fitness Training Étage

12.15/12.45

**TABATA**

12.45/13.30

**LES MILLS  
RPM**

12.45/13.30

**WOD  
TRAINING**

17.45/18.30

**DECA  
BIKE**

18.30/19.00

**A.F.**

19.00/20.00

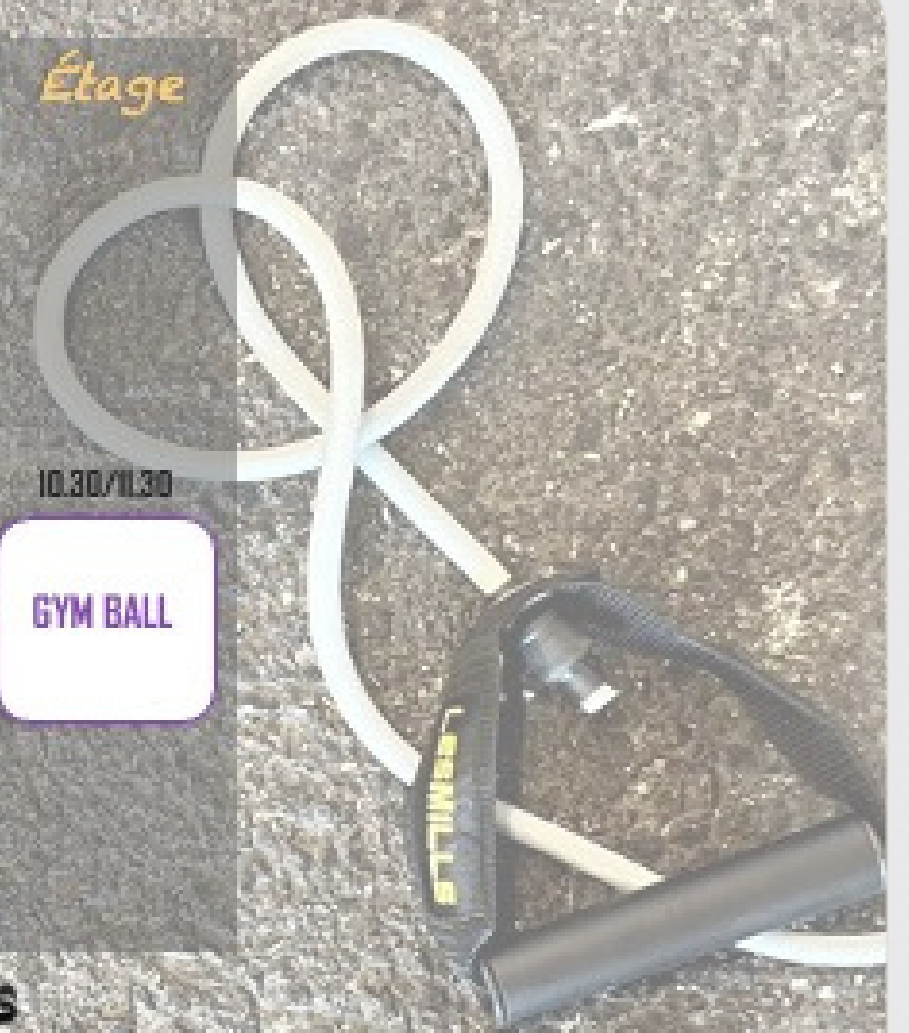
**LES MILLS  
BODYCOMBAT**

18.00/19.00

**GYM BALL**

18.30/19.30

**CROSS  
TRAINING**



**JEUDI**

Fitness Training Étage

12.15/12.45

**A.F.**

12.45/13.30

**DECA  
BIKE**

17.30/18.30

**LES MILLS  
RPM**

18.30/19.15

**LES MILLS  
BODYPUMP**

19.15/20.00

**STEP**

20.00/21.00

**FIT  
BOXE**

Fitness Training Étage

18.30/19.15

**TRX**

19.15/20.00

**CROSS  
TRAINING**

Fitness Training Étage

18.00/19.00

**PILATES**

**VENREDI**

Fitness Training Étage

12.15/13.30

**FIT BOXE**

12.30/13.30

**WOD  
TRAINING**

17.30/18.00

**BODY S.**

18.00/18.30

**A.F.**

18.30/19.00

**STRETCHING**

18.15/19.00

**CROSS  
TRAINING**

**SAMEDI**

Fitness Training Étage

9.30/10.30

**LES MILLS  
RPM**

10.30/11.15

**LES MILLS  
BODYPUMP**

11.15/12.00

**CROSS  
TRAINING**

10.30/11.30

**GYM BALL**

**Horaires**

**ACCES LIBRE  
6h-23h 7/7**

**ACCUEIL ET  
SURVEILLANCE**  
Lundi au jeudi :  
9h00 - 20h00  
Vendredi :  
9h00 - 19h15  
Samedi :  
9h00 - 12h00

Cours sur Réservation via Club connect

