

PLANNING
2025



LUNDI

Fitness Training Étage

10.00/10.45

BODY
SCULPT

12.15/12.45

100% ABDO

12.45/13.30

LES MILLS
BODYPUMP

17.30/18.00

BODY SCULPT

18.00/18.30

A.F.

18.30/19.15

LES MILLS
BODYCOMBAT

19.15/20.00

LES MILLS
RPM

20.00/21.00

FIT BOXE

12.15/12.45

TABATA

12.45/13.30

WOD
TRAINING

17.30/18.00

TRX

18.15/19.15

WOD
TRAINING

19.15/20.00

WOD
TRAINING

19.15/20.00

CROSS
TRAINING

19.15/20.15

YOGA

19.15/20.15

YOGA

MARDI

Fitness Training Étage

12.15/12.45

BODY SCULPT

12.15/12.45

DECA
BIKE

12.45/13.30

CROSS
TRAINING

17.30/18.00

STEP
Débutant

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

TRX

12.45/13.30

CROSS
TRAINING

18.00/18.45

CROSS
TRAINING

18.45/19.15

CROSS
TRAINING

18.45/19.15

TRX

19.15/20.00

DECA
BIKE

19.15/20.00

DECA
BIKE

19.15/20.00

DECA
BIKE

MERCREDI

Fitness Training Étage

12.15/12.45

TABATA ABDO

12.15/12.45

LES MILLS
RPM

12.45/13.30

SPEED BIKE

17.45/18.30

DECA
BIKE

18.00/18.45

PILATES

18.30/19.15

FLEX
&
FIT

18.30/19.15

LES MILLS
BODYPUMP

19.15/20.00

LES MILLS
BODYCOMBAT

19.15/20.00

LES MILLS
BODYCOMBAT

12.45/13.30

WOD
TRAINING

12.45/13.30

WOD
TRAINING

17.45/18.30

DECA
BIKE

18.30/19.30

CROSS
TRAINING

18.30/19.30

CROSS
TRAINING

18.30/19.30

CROSS
TRAINING

18.30/19.30

CROSS
TRAINING

18.00/19.30

YOGA

JEUDI

Fitness Training Étage

10.00/10.45

CAF

12.15/12.45

A.F.

12.45/13.30

LES MILLS
BODYCOMBAT

17.45/18.30

LES MILLS
RPM

18.30/19.15

BODY
SCULPT

19.15/20.00

STEP

20.00/21.00

FIT
BOXE

12.15/12.45

TRX

12.45/13.30

CROSS
TRAINING

18.30/19.15

CROSS
TRAINING

19.15/20.00

CROSS
TRAINING

19.15/20.00

CROSS
TRAINING

19.15/20.00

CROSS
TRAINING

19.15/20.00

CROSS
TRAINING

19.15/20.00

CROSS
TRAINING

VENREDI

Fitness Training Étage

12.15/13.30

FIT BOXE

17.30/18.00

BODY SCULPT

18.00/18.30

A.F.

18.00/18.30

A.F.

17.30/18.00

BODY SCULPT

18.00/18.30

A.F.

18.00/18.30

A.F.

18.00/18.30

A.F.

18.00/18.30

A.F.

18.00/18.30

A.F.

12.30/13.30

WOD
TRAINING

12.30/13.30

WOD
TRAINING

18.30/19.00

STRETCHING

SAMEDI

Fitness Training

9.30/10.30

LES MILLS
RPM

10.30/11.15

LES MILLS
BODYPUMP

11.15/12.00

CROSS
TRAINING

Horaires

ACCES LIBRE :

6h-23h 7/7

ACCUEIL ET

SURVEILLANCE :

Lundi au jeudi :

9h00 - 20h00

Vendredi :

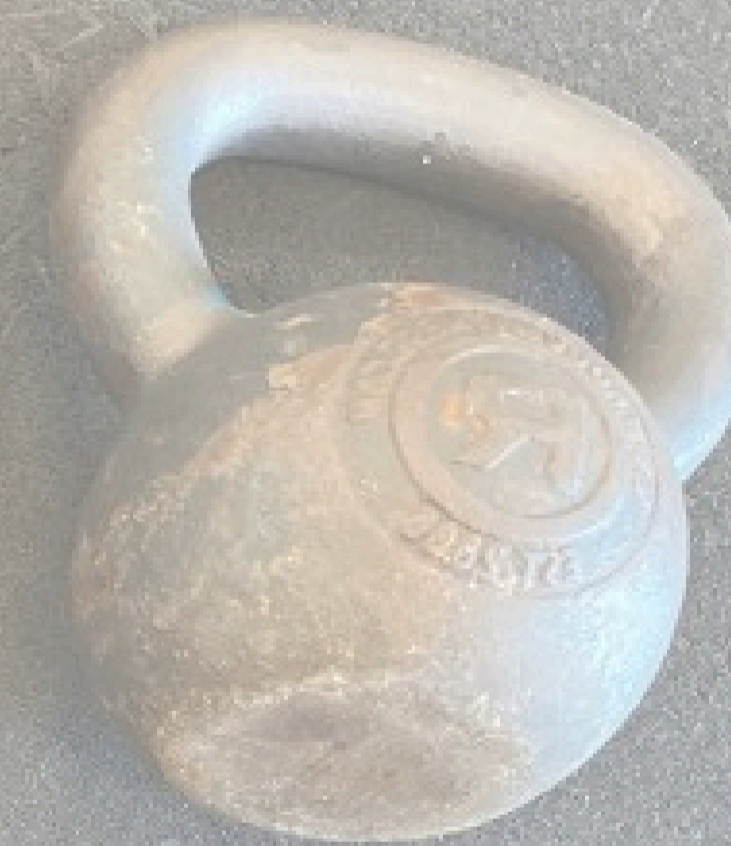
9h00 - 19h15

Samedi :

9h00-12h00

Cours sur Réservation

via Club connect



CLUB
SPORTS
TRIANGLE

