

PLANNING
2025

LUNDI

Fitness Training Étage

10.00/10.45

BODY
SCULPT

12.15/12.45

100% ABOOS

12.45/13.30

LES MILLS
BODYPUMP

12.15/12.45

TABATA

12.45/13.30

WOD
TRAINING

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

Étage

17.30/18.15

GYM
BALL

18.15/19.15

YOGA

19.15/20.15

YOGA

MARDI

Fitness Training Étage

12.15/12.45

BODY SCULPT

12.45/13.30

DECA
BIKE

12.15/12.45

TRX

12.45/13.30

CROSS
TRAINING

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

18.00/18.45

CROSS
TRAINING

18.45/19.15

TRX

19.15/20.00

DECA
BIKE

Étage

17.45/18.30

PILATES

18.00/18.45

18.30/19.15

FLEX
&
FIT

18.45/19.15

19.15/20.00

LES MILLS
BODYCOMBAT

Fitness Training Étage

12.15/12.45

A.F.

12.45/13.30

LES MILLS
RPM
SPEED BIKE

17.45/18.30

DECA
BIKE

18.00/18.45

18.30/19.15

LES MILLS
BODYPUMP

18.45/19.15

19.15/20.00

LES MILLS
BODYCOMBAT

12.15/12.45

12.45/13.30

12.45/13.30

WOD
TRAINING

17.45/18.30

DECA
BIKE

18.00/18.45

18.30/19.15

CROSS
TRAINING

18.45/19.15

19.15/20.00

LES MILLS
BODYCOMBAT

18.00/19.30

YOGA

18.30/19.15

18.45/19.15

19.15/20.00

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19.15/20.00

JEUDI

Fitness Training Étage

10.00/10.45

TABATA
CAF

12.15/12.45

TRX

12.45/13.30

12.45/13.30

LES MILLS
BODYCOMBAT

CROSS
TRAINING

17.45/18.30

LES MILLS
RPM

18.30/19.15

BODY
SCULPT

19.15/20.00

STEP

20.00/21.00

FIT
BOXE

19.15/20.00

CROSS
TRAINING

19.15/20.00

19.15/20.00

19.15/20.00

19.15/20.00

19.15/20.00

19.15/20.00

19.15/20.00

VENREDI

Fitness Training Étage

12.15/13.30

FIT BOXE

17.30/18.00

BODY SCULPT

18.00/18.30

A.F.

18.30/19.00

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12.30/13.30

WOD
TRAINING

17.30/18.00

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18.30/19.00

SAMEDI

Fitness Training

9.30/10.30

LES MILLS
RPM

10.30/11.15

LES MILLS
BODYPUMP

10.30/11.15

10.30/11.15

10.30/11.15

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10.30/11.15

Training

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

SPARE
TIME