

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

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

TRX

WOD
TRAINING

CROSS
TRAINING

18.00/19.00

YOGA

19.15/20.15

YOGA

MARDI

Fitness Training Étage

12.15/12.45

BODY SCULPT

12.45/13.30

LES MILLS
RPM

17.30/18.00

100% ABDO

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

CROSS
TRAINING

TRX

DECA
BIKE

17.30/18.00

17.45/18.30

PILATES

18.30/19.15

FLEX
&
FIT

MERCREDI

Fitness Training Étage

12.15/12.45

TABATA ABDO

12.45/13.30

DECA
BIKE

17.45/18.30

SPEED BIKE

18.00/18.30

TABATA A.F.

18.30/19.15

LES MILLS
BODYPUMP

19.15/20.00

LES MILLS
BODYCOMBAT

12.45/13.30

WOD
TRAINING

18.00/18.30

CROSS
TRAINING

18.30/19.30

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

BODY
SCULPT

18.30/19.15

LES MILLS
RPM

19.15/20.00

STEP

20.00/21.00

FIT
BOXE

12.15/12.45

TRX

12.45/13.30

CROSS
TRAINING

17.45/18.30

PILATES
BALL

18.30/19.00

A.F.

19.15/20.00

CROSS
TRAINING

VENDREDI

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

STRETCHING

12.30/13.30

WOD
TRAINING

18.00/18.45

DECA
BIKE

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



SPARE
TIME

