



PLANNING 2023

LUNDI			MARDI			MERCREDI		
Fitness	Training	Étage	Fitness	Training	Étage	Fitness	Training	Étage
10.00/10.45			10.00/10.45					
BODY SCULPT			CAF					
12.15/12.45	12.15/12.45		12.15/12.45	12.15/12.45			12.15/12.45	
100 % ABDOS	TRX		BODY S.	TABATA A.			TABATA	
12.45/13.30	12.45/13.30		12.45/13.30	12.45/13.30		12.45/13.30	12.45/13.30	
LES MILLS RPM	WOD TRAINING		LES MILLS BODYCOMBAT	CROSS TRAINING		LES MILLS BODYPUMP	WOD TRAINING	
17.30/18.00	17.30/18.15		17.30/18.00		17.45/18.30	17.45/18.30		
BODY S.	CROSS TRAINING		HIIT		PILATES	DECA BIKE		
18.00/18.45		18.00/19.00	18.00/18.45	18.00/18.45				18.00/19.00
LES MILLS BODYCOMBAT	18.15/19.15	YOGA	LES MILLS BODYPUMP	CROSS TRAINING				GYM BALL
18.45/19.15	WOD TRAINING		18.45/19.15	18.45/19.15	18.30/19.30	A.F.	CROSS TRAINING	
100% ABDOS			A.F.	TRX		19.00/20.00		
19.15/20.00	19.15/20.00	19.15/20.15	19.15/20.00	19.15/20.00		LES MILLS BODYCOMBAT	TRX	
LES MILLS RPM	CROSS TRAINING	YOGA	LES MILLS SH'BAM	DECA BIKE				
20.00/21.00			20.00/20.45					
FIT BOXE			BOXING TRAINING					

JEUDI			VENDREDI			SAMEDI		
Fitness	Training	Étage	Fitness	Training	Étage	Fitness	Training	Étage
12.15/12.45			12.15/13.30			9.30/10.30		
A.F.				12.30/13.30		LES MILLS RPM		
12.45/13.30			FIT BOXE	WOD TRAINING		10.30/11.15		10.30/11.30
DECA BIKE						LES MILLS BODYPUMP		GYM BALL
							11.15/12.00	
							CROSS TRAINING	
17.30/18.30			17.30/18.00			Horaires		
LES MILLS RPM			BODY S.			ACCES LIBRE		
		17.45/18.30	18.00/18.30			6h-23h 7/7		
		PILATES	A.F.			ACCUEIL ET SURVEILLANCE		
18.30/19.15	18.30/19.15	18.30/19.15	18.30/19.00			Lundi au jeudi :		
LES MILLS BODYPUMP	WOD TRAINING	STRETCHING	STRETCHING			9h00 - 20h00		
19.15/20.00	19.15/20.00					Vendredi :		
STEP	CROSS TRAINING					9h00 - 19h15		
20.00/21.00						Samedi :		
FIT BOXE						9h00-12h00		
						Cours sur Réservation via Club connect		


