

**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	18.30/19.30	18.30/19.00	18.30/19.15	18.00/19.00
LES MILLS BODYCOMBAT		YOGA	LES MILLS BODYPUMP	CROSS TRAINING				GYM BALL
18.45/19.15	18.15/19.15		18.45/19.15	18.45/19.15		19.00/20.00	18.30/19.15	
100% ABDOS	WOD TRAINING		A.F.	TRX	FLEX & FIT	A.F.	CROSS TRAINING	
19.15/20.00	19.15/20.00	19.15/20.15	19.15/20.00	19.15/20.00		LES MILLS BODYCOMBAT	19.15/19.45	
LES MILLS RPM	CROSS TRAINING	YOGA	LES MILLS SH'BAM	DECA BIKE			TRX	
20.00/21.00								
FIT BOXE								

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.			FIT BOXE			LES MILLS RPM		
12.45/13.30			12.30/13.30			10.30/11.15		10.30/11.30
DECA BIKE			WOD TRAINING			LES MILLS BODYPUMP		GYM BALL
17.30/18.30	17.45/18.30		17.30/18.00			11.15/12.00		
LES MILLS RPM	TRX		BODY S.			CROSS TRAINING		
18.30/19.15	18.30/19.15	18.30/19.30	18.00/18.30					
LES MILLS BODYPUMP	WOD TRAINING	FLEX & FIT	A.F.					
19.15/20.00	19.15/20.00		18.30/19.00					
STEP	CROSS TRAINING		STRETCHING					
20.00/21.00								
BOXING 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

