

PLANNING  
2023

## LUNDI

Fitness Training Étage

10.00/10.45

BODY  
SCULPT

12.15/12.45

100 % ABDOS

12.45/13.30

LES MILLS  
RPM

Training

12.15/12.45

TRX

12.45/13.30

WOD  
TRAINING

Étage

## MARDI

Fitness Training Étage

10.00/10.45

CAF

12.15/12.45

BODY S.

12.45/13.30

LES MILLS  
BODYCOMBAT

Training

12.15/12.45

TABATA A.

12.45/13.30

CROSS  
TRAINING

Étage

## MERCREDI

Fitness Training Étage

10.00/10.45

CAF

12.15/12.45

BODY S.

12.45/13.30

LES MILLS  
BODYPUMP

Training

12.15/12.45

TABATA

12.45/13.30

WOD  
TRAINING

Étage

17.30/18.00

BODY S.

18.00/18.45

LES MILLS  
BODYCOMBAT

18.45/19.15

100% ABDOS

19.15/20.00

LES MILLS  
RPM

20.00/21.00

FIT BOXE

17.30/18.15

CROSS  
TRAINING

18.15/19.15

WOD  
TRAINING

19.15/20.00

CROSS  
TRAINING

18.00/19.00

YOGA

19.15/20.15

YOGA

17.30/18.00

HIIT

18.00/18.45

LES MILLS  
BODYPUMP

18.45/19.15

A.F.

19.15/20.00

LES MILLS  
SH'BAM

18.00/18.45

CROSS  
TRAINING

18.45/19.15

TRX

19.15/20.00

DECA  
BIKE

17.45/18.30

PILATES

18.30/19.30

FLEX  
&  
FIT

17.45/18.30

DECA  
BIKE

18.30/19.00

A.F.

19.00/20.00

LES MILLS  
BODYCOMBAT

18.00/19.00

GYM BALL

18.30/19.15

CROSS  
TRAINING

19.15/19.45

TRX



# JEUDI

Fitness Training Étage

12.15/12.45

A.F.

12.45/13.30

DECA  
BIKE

17.30/18.30

LES MILLS  
RPM

17.45/18.30

TRX

18.30/19.15

LES MILLS  
BODYPUMP

18.30/19.15

WOD  
TRAINING

19.15/20.00

STEP

19.15/20.00

CROSS  
TRAINING

20.00/21.00

BOXING  
TRAINING

18.30/19.30

FLEX  
&  
FIT

# VENDREDI

Fitness Training Étage

12.15/13.30

FIT BOXE

12.30/13.30

WOD  
TRAINING

17.30/18.00

BODY S.

18.00/18.30

A.F.

18.30/19.00

STRETCHING

# SAMEDI

Fitness Training Étage

9.30/10.30

LES MILLS  
RPM

10.30/11.15

LES MILLS  
BODYPUMP

11.15/12.00

CROSS  
TRAINING

10.30/11.30

GYM BALL

## 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

Black  
21/12/20

