

PLANNING DES COURS COLLECTIFS

	MATIN					MIDI			APRÈS-MIDI					SOIR			
	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h	
Lundi 07h-22h			C.A.F 08h30 (45')	Bodypump 09h15 (60')	Bodybalance 10h15 (60')	Pilates Ball 11h15 (45')	A.F 12h00 (30')	Bodypump 12h30 (60')		Pilates 1 14h30 (60')	Yoga 15h45 (60')	Bodypump 17h00 (60')	Zumba 18h00 (45')	Bodycombat 18h45 (60')	Bodybalance 19h45 (45')	Bodyjam 20h30 (60')	
					RPM* 10h15 (45')		RPM* 12h30 (45')				Wellcircuit 16h00 (45')		RPM* 18h00 (45')	RPM* 19h00 (45')	Sprint* 20h00 (45')		
				Aquagym 09h30 (45')	Aquagym 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')			Aquabiking* 14h30 (45')		Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Mardi 07h-22h		Tai Chi 08h00 (60')	Pilates 1 09h00 (45')	Bodysculpt 09h45 (45')	Zumba 10h30 (45')	Stretching 11h15 (45')	Bodycombat 12h30 (45')		Boxing* 14h30 (60')	Total Recup 15h30 (30')	CX Worx 16h00 (30')	Bodybalance 16h30 (60')	Bodyjam 17h30 (60')	Bodypump 18h30 (60')	Bodyattack 19h30 (60')	Yoga Anti-stress 20h30 (60')	
							RPM* 12h30 (45')						RPM* 17h30 (45')	Sprint* 18h30 (45')	RPM* 19h30 (45')		
				Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquadynamic 12h30 (45')			Aquagym 15h30 (45')	Aquabiking* 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')		
Mercredi 07h-22h		Yoga Energie 08h00 (60')	Bodybalance 09h00 (60')	C.A.F 10h00 (45')	Stretching 10h45 (45')		Yoga Energie 12h30 (60')		Bodybalance 14h30 (60')	Pilates Ball 15h30 (30')	Bodypump 16h00 (60')	L.I.A 17h00 (45')	Step 2 17h45 (45')	Boxing* 18h30 (60')	Bodypump 19h30 (60')	Zumba 20h30 (45')	
							RPM* 12h30 (45')						RPM* 17h30 (45')	Cross Training* 18h30 (60')	Sprint* 19h30 (45')		
				Aquagym 09h30 (45')	Aquagym 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')					Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquagym 19h30 (45')	Aquabiking* 20h30 (45')	
Jeudi 07h-22h		A.F 08h30 (30')	Stretching 09h00 (30')	Bodysculpt 09h30 (45')	Yoga Anti-stress 10h15 (60')	Bodypump 11h15 (60')	Bodysculpt 12h30 (45')	Pilates 1 13h15 (45')		C.A.F 14h30 (45')	Stretching 15h15 (45')	Pole Dance* 16h00 (90')	Bodypump 17h30 (60')	Bodyattack 18h30 (60')	Bodycombat 19h30 (60')	Grit 20h30 (30')	Bodybalance 21h00 (45')
					RPM* 10h15 (45')		RPM* 12h30 (45')							RPM* 19h30 (45')	RPM* 19h30 (45')		
				Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquagym 12h30 (45')						Aquabiking* 17h30 (45')	Aquagym 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 07h-22h			Bodypump 09h00 (60')	Pilates 2 10h00 (60')	Bodybalance 11h00 (60')	A.F 12h00 (30')	Bodybalance 12h30 (60')		Bodypump 14h30 (60')	Total Recup 15h30 (30')		Ragga Dance 17h00 (60')	CX Worx 18h00 (30')	Bodyjam 18h30 (60')	Bodybalance 19h30 (60')	Boxing* 20h30 (60')	
							Sprint* 12h30 (45')						Sprint* 17h30 (45')	RPM* 18h30 (45')			
				Aquagym 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')							Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquagym 19h30 (45')	
Samedi 08h-20h			CX Worx 09h00 (30')	Bodypump 09h30 (60')	Bodysculpt 10h45 (60')	Bodybalance 11h45 (60')	Boxing* 13h00 (60')		C.A.F 14h30 (45')	Step 15h15 (45')	Pilates 16h00 (45')	Pole Dance* 17h00 (90')					
				RPM* 09h45 (45')	RPM* 10h45 (45')												
			Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')											
Dimanche 08h-17h			C.A.F 09h15 (45')	Bodypump 10h00 (60')	Bodyjam 11h15 (60')	Stretching 12h15 (45')											
				RPM* 10h15 (45')	RPM* 11h15 (45')												
			Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquagym 12h15 (45')											

* Cours sur réservation

Salle de cours	RPM	Plateau	Piscine
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