

## LUNDI

<b>YOGA</b> 9:15-10:15	
<b>BODY BARRE</b> 10:20-11:20	<b>CROSS*</b> 10:15-11:15
<b>STRETCHING</b> 11:25-11:55	
<b>TABATA</b> 12:00-12:20	
<b>STEP</b> 12:30-13:15	<b>BIKING*</b> 12:30-13:15
<b>Cuisses Abdos Fessiers</b> 17:30-18:15	<b>CROSS*</b> 17:30-18:30
<b>ZUMBA</b> 18:20-19:05	<b>CROSS*</b> 18:30-19:30
<b>BODY BARRE</b> 19:10-19:55	
	<b>BIKING*</b> 20:00-20:45

## MARDI

<b>POSTURAL</b> 9:30-10:15	
<b>Cuisses Abdos Fessiers</b> 10:20-11:05	<b>CROSS*</b> 10:00-11:00
	<b>BIKING*</b> 11:15-12:00
<b>100% ABDOS</b> 12:15-12:30	<b>CROSS*</b> 12:15-13:15
<b>HIIT TRAINING</b> 12:30-13:15	
<b>100% ABDOS</b> 17:15-17:30	<b>CROSS*</b> 17:30-18:30
<b>HIIT TRAINING</b> 17:35-18:20	<b>CROSS*</b> 18:30-19:30
<b>STEP</b> 18:25-19:10	
<b>PILATES</b> 19:15-20:15	

## MERCREDI

<b>HIIT TRAINING</b> 9:30-10:00	
<b>BODY SCULPT</b> 10:05-10:35	<b>CROSS*</b> 10:15-11:15
<b>GYM ZEN</b> 10:40-11:40	
<b>Cuisses Abdos Fessiers</b> 12:30-13:15	<b>CROSS*</b> 12:30-13:30
<b>100% FESSIERS</b> 17:45-18:00	<b>CROSS*</b> 17:30-18:30
<b>BODY BARRE</b> 18:05-18:50	<b>CROSS*</b> 18:30-19:30
<b>ZUMBA</b> 18:55-19:40	
<b>YOGA</b> 19:45-20:45	<b>BIKING*</b> 19:45-20:30

## JEUDI

<b>PILATES</b> 9:30-10:30	
<b>Cuisses Abdos Fessiers</b> 10:35-11:20	<b>CROSS*</b> 10:15-11:15
	<b>CROSS*</b> 11:45-12:25
<b>BODY SCULPT</b> 12:30-13:15	
<b>Abdos Fessiers</b> 17:00-17:30	
<b>CARDIO BOXE</b> 17:30-18:15	<b>CROSS*</b> 17:30-18:15
<b>PILATES</b> 18:20-19:20	<b>BIKING*</b> 18:20-19:05
<b>BODY SCULPT</b> 19:25-20:10	

## VENDREDI

<b>BODY SCULPT</b> 9:45-10:30	
<b>GYM ZEN</b> 10:35-11:35	<b>CROSS*</b> 10:30-11:30
<b>CARDIO BOXE DÉBUTANT</b> 11:40-12:10	
<b>100% ABDOS</b> 12:15-12:30	<b>CROSS*</b> 12:15-13:15
<b>STRETCH POSTURAL</b> 12:30-13:15	
<b>BODY BARRE</b> 17:45-18:30	<b>CROSS*</b> 17:30-18:30
<b>ZUMBA</b> 18:35-19:20	<b>CROSS*</b> 18:30-19:30
<b>GYM ZEN</b> 19:25-20:25	

## SAMEDI






<b>Abdos Fessiers</b> 10:30-11:00	
<b>BODY BARRE</b> 11:00-11:40	
	<b>BIKING*</b> 11:50-12:35

## DIMANCHE

<b>HIIT TRAINING</b> 10:30-11:30	
<b>YOGA</b> 11:45-12:45	

## PLANNING FITNESS ET CROSSTRaining

À compter du 1er novembre 2022

-  Danse
-  Cardio
-  Cours zen / Yoga
-  Renforcement musculaire
-  Cross-training

**HORAIRES DE L'ACCUEIL**  
Lundi à Vendredi: 9H-21H  
Samedi: 9H30-16H30  
Dimanche: 9H30-13H30

**HORAIRES DU CLUB**  
6H-22H



\*Réservation nécessaire pour le BIKING et CROSS-TRAINING  
(Annulation du cours jusqu'à 1h à l'avance)