

FITNESS

.....
9^h15 (50')
 Super abdos-fessiers

.....
10^h15 (60')
 Hatha Yoga

.....
12^h30 (45')
 Body Pump

.....
9^h15 (50')
 Body Balance

.....
10^h15 (50')
 Ventre Plat-Taille

.....
12^h30 (30')
 Super abdos-fessiers
 Cross training TRX

.....
13^h (30')
 Stretching zen

.....
9^h15 (50')
 HBX boxing

.....
10^h15 (60')
 Stott Pilates

.....
12^h30 (30')
 Fessiers d'acier

.....
13^h (30')
 Ventre Plat-Taille

.....
9^h15 (50')
 Body Pump

.....
10^h15 (50')
 Stretching zen

.....
12^h30 (50')
 Cross training

.....
12^h30 (45')
 Yoga Vinyasa
 Running Session *Outdoor*

.....
9^h15 (50')
 Body Sculpt

.....
10^h15 (45')
 Zumba

.....
12^h30 (45')
 Body Attack

.....
9^h15 (45')
 HBX boxing

.....
10^h15 (50')
 Body Pump

.....
11^h15 (30')
 Aéro Cardio

.....
11^h45 (30')
 Stretching zen

.....
10^h30 (50')
 Super abdos-fessiers

.....
11^h30 (45')
 Body Balance

LUNDI

.....
18^h (50')
 Body Pump

.....
18^h30 (45')
 Running Session *Outdoor*

.....
19^h (30')
 Abdos, fessiers & dos

.....
19^h30 (45')
 Body Attack

.....
20^h15 (45')
 Body Balance
 Cross training

MARDI

.....
18^h15 (50')
 Yoga Vinyasa

.....
19^h15 (50')
 Body Jam

.....
20^h15 (50')
 Body Pump

MERCREDI

.....
18^h30 (45')
 Zumba

.....
19^h15 (45')
 Super abdos-fessiers

.....
20^h15 (50')
 TRX HIIT

JEUDI

.....
17^h45 (45')
 TRX HIIT

.....
18^h30 (45')
 HBX boxing

.....
18^h45 (45')
 Cross training

.....
19^h15 (45')
 Body Pump

.....
20^h15 (45')
 Boot Camp

VENDREDI

.....
18^h (45')
 Body Jam

.....
18^h45 (45')
 Body Attack

.....
19^h30 (60')
 Body Balance

SAMEDI

.....
17^h (50')
 Super abdos-fessiers

.....
18^h (50')
 Stretching Zen

DIMANCHE

- RENFORCEMENT MUSCULAIRE
- EFFORT CARDIO-VASCULAIRE
- RELAXATION, BIEN-ÊTRE
- ACTIVITÉS AU 4^{ème} ÉTAGE
- DANSE
- Réservation obligatoire
- Voir planning appli.



Sessions Rameur (15')

LUNDI : 18^h30 (C) / 21^h00 (V)
 MARDI : 13^h30 (V) / 16^h30 (V) / 18^h00 (V)
 MERCREDI : 18^h00 (V) / 19^h30 (C)
 JEUDI : 9^h00 (V) / 12^h00 (V) / 13^h30 (V)
 17^h30 (V) / 18^h30 (V) / 20^h00 (V)
 VENDREDI : 18^h30 (C)
 SAMEDI : 10^h00 (V) / 11^h00 (V) / 13^h00 (V)
 (C) Séance avec coach - (V) Séance virtuelle

BIKING

.....
9^h15 (45')
 RPM

.....
11^h30 (45')
 SPIVi

.....
12^h30 (45')
 RPM

.....
7^h15 (45')
 SPIVi

.....
10^h15 (45')
 SPIVi

.....
12^h30 (45')
 RPM

.....
10^h15 (45')
 RPM

.....
12^h30 (45')
 SPIVi

.....
8^h15 (45')
 SPIVi

.....
9^h15 (45')
 SPIVi

.....
12^h30 (45')
 RPM

.....
10^h15 (45')
 SPIVi

.....
12^h30 (45')
 RPM

.....
10^h15 (45')
 SPIVi

.....
12^h30 (45')
 RPM

.....
10^h15 (45')
 SPIVi

.....
12^h30 (45')
 SPIVi

LUNDI

.....
18^h15 (45')
 SPIVi

.....
19^h15 (45')
 RPM

.....
21^h15 (30')
 SPIVi

MARDI

.....
16^h15 (45')
 SPIVi

.....
18^h00 (45')
 SPIVi

.....
18^h45 (45')
 RPM

.....
19^h45 (45')
 SPIVi

MERCREDI

.....
17^h15 (45')
 SPIVi

.....
19^h15 (45')
 RPM

.....
20^h15 (45')
 SPIVi

JEUDI

.....
18^h30 (45')
 RPM

.....
19^h30 (45')
 SPIVi

.....
20^h30 (45')
 SPIVi

VENDREDI

.....
17^h15 (45')
 SPIVi

.....
18^h00 (45')
 SPIVi

.....
19^h15 (45')
 SPIVi

SAMEDI

.....
17^h15 (45')
 SPIVi

.....
18^h15 (45')
 SPIVi

DIMANCHE

.....
17^h15 (45')
 SPIVi



RÉSERVEZ VOS COURS SUR L'APPLI LE NUAGE



UNDERGROUND

- DANSE
- CARDIO
- ZEN
- Ⓜ Réservation obligatoire

le Nuage [®]

Underground

.....
12^h30 (45')
 Fessiers Abdos Intense

.....
12^h30 (45')
 Pranayama

.....
12^h30 (60')
 Krav Maga

.....
12^h30 (60')
 Yin Yoga

.....
10^h15 (60')
 Pilates Silhouette

.....
11^h15 (50')
 Stretching

LUNDI

.....
18^h30 (45')
 Tabata

.....
19^h15 (45')
 Cardio Boxe

MARDI

.....
18^h15 (60')
 Salsa Cubaine /
 Bachata

.....
19^h15 (50')
 Yoga Nidra

MERCREDI

.....
18^h15 (45')
 Energy full

.....
19^h00 (60')
 Afro Danse

JEUDI

.....
18^h15 (60')
 Hatha Yoga

.....
19^h15 (60')
 Pilates Silhouette

VENDREDI

.....
18^h30 (60')
 Danse contemporaine

.....
19^h30 (60')
 Modern Jazz

SAMEDI