

FITNESS

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

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

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

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

.....
18^h30 (45')
Running Session 
Abdos, fessiers & dos

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

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

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

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Cross training 

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

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10^h15 (50')
Ventre Plat-Taille

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

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Cross training TRX 

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13^h (30')
Stretching zen

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

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19^h15 (50')
Body Jam

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20^h15 (50')
Body Pump

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9^h15 (50')
HBX boxing 

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10^h15 (60')
Stott Pilates®

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12^h30 (30')
Fessiers d'acier

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13^h (30')
Abdos en béton

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

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19^h15 (45')
Super abdos-fessiers

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20^h15 (50')
TRX HIIT 

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

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

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

.....
12^h30 (45')
Yoga Vinyasa

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Running Session 

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17^h45 (45')
TRX HIIT 

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

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18^h45 (45')
Cross training 

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19^h15 (45')
Body Pump

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20^h15 (45')
Boot Camp

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9^h15 (50')
Body Sculpt

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10^h15 (45')
Zumba

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12^h30 (45')
Body Attack

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18^h (45')
Body Jam

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18^h45 (45')
Body Attack

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

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

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

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11^h15 (30')
Aéro Cardio

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

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

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

-  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

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9^h15 (45')
RPM®

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11^h30 (45')
SPiVi

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12^h30 (45')
RPM®

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18^h15 (45')
SPiVi

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19^h15 (45')
RPM® 

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21^h15 (30')
SPiVi

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7^h15 (45')
SPiVi

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10^h15 (45')
SPiVi

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12^h30 (45')
RPM® 

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16^h15 (45')
SPiVi

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18^h00 (45')
SPiVi

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18^h45 (45')
RPM®

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19^h45 (45')
SPiVi

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10^h15 (45')
RPM®

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12^h30 (45')
SPiVi

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17^h15 (45')
SPiVi

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19^h15 (45')
RPM®

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20^h15 (45')
SPiVi

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8^h15 (45')
SPiVi

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9^h15 (45')
SPiVi

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12^h30 (45')
RPM®

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18^h15 (45')
RPM®

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19^h30 (45')
SPiVi

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20^h30 (45')
SPiVi

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10^h15 (45')
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12^h30 (45')
RPM®

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17^h15 (45')
SPiVi

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18^h00 (45')
SPiVi

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19^h15 (45')
SPiVi

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10^h15 (45')
SPiVi

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12^h30 (45')
RPM®

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17^h15 (45')
SPiVi

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18^h15 (45')
SPiVi

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10^h15 (45')
SPiVi

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12^h30 (45')
SPiVi

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17^h15 (45')
SPiVi

 RÉSERVEZ VOS COURS
SUR L'APPLI LE NUAGE

 

UNDERGROUND

-  DANSE
-  CARDIO
-  ZEN
-  Réservation obligatoire

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12^h30 (45')
Pilates Flow 

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18^h30 (45')
Tabata 

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19^h15 (45')
Fit Combat 

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18^h15 (60')
Salsa Cubaine 

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19^h15 (50')
Yoga Nidra 

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12^h30 (45')
Pranayama 

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18^h15 (45')
Energy Full 

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19^h00 (60')
Afro Danse 

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12^h30 (45')
Krav Maga 

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18^h15 (60')
Hatha Yoga 

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19^h15 (60')
Pilates Silhouette 

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12^h30 (60')
Yin Yoga 

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18^h30 (60')
Danse Contemporaine 

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19^h30 (60')
Modern Jazz 

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10^h15 (60')
Pilates Silhouette 

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11^h15 (50')
Stretching 

le Nuage®

Underground