

FITNESS

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

10^h15 (60')
 Hatha Yoga

12^h30 (45')
 Body Pump

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

10^h00 (60')
 Body Balance

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

13^h (30')
 Stretching zen

.....
9^h15 (45')
 HBX boxing Ⓢ

10^h15 (60')
 Yoga Vinyasa

12^h30 (30')
 Fessiers d'acier

13^h (30')
 Abdos en béton

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

10^h15 (45')
 Stretching zen

12^h30 (60')
 Cross training Ⓢ

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

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

10^h15 (45')
 Easy Dance

12^h30 (45')
 Body Attack

.....
9^h15 (45')
 HBX boxing Ⓢ

10^h15 (45')
 Body Pump

11^h15 (30')
 Aéro Step/Aéro Cardio

11^h45 (30')
 Stretching Zen

.....
9^h30 (45')
 Pilates

10^h15 (45')
 Super abdos-fessiers

11^h00 (45')
 Body Balance

LUNDI

.....
18^h (45')
 Body Pump
18^h30 (45')
 Running Session Ⓢ Ⓢ
 Outdoor
19^h00 (30')
 Abdos, fessiers & dos
19^h30 (45')
 Body Attack

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

MARDI

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

19^h15 (45')
 Body Jam
19^h30 (45')
 Cross training Ⓢ
20^h15 (45')
 Body Pump

MERCREDI

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

19^h15 (45')
 Super abdos-fessiers

20^h15 (45')
 TRX HIIT Ⓢ

JEUDI

.....
18^h00 (45')
 TRX HIIT Ⓢ
18^h45 (45')
 HBX boxing Ⓢ

19^h00 (60')
 Cross training Ⓢ
19^h30 (45')
 Body Pump

20^h15 (45') Ⓢ
 Boot Camp

VENDREDI

.....
17^h45 (45')
 Body Jam

18^h30 (45')
 Body Attack

19^h15 (60')
 Body Balance


SAMEDI

.....
17^h (60')
 Super abdos-fessiers

18^h (60')
 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)
 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®

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9^h15 (45')
 SPiVi®

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12^h30 (45')
 RPM®

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10^h15 (45')
 SPiVi®

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12^h30 (45')
 RPM®

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10^h15 (45')
 SPiVi®

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12^h30 (45')
 RPM®

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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®

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19^h15 (45')
 RPM®

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20^h15 (45')
 SPiVi®

JEUDI

.....
18^h15 (45')
 RPM®

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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®

 le Nuage

RÉSERVEZ VOS COURS SUR L'APPLI LE NUAGE