

FITNESS

..... 9 ^h 15 (50') Super abdos-fessiers	 9 ^h 15 (45') Pilates	 9 ^h 15 (45') HBX boxing Ⓢ	 9 ^h 15 (45') Body Pump	 9 ^h 15 (45') Stretching Zen	 9 ^h 15 (45') HBX boxing Ⓢ	 9 ^h 30 (45') Super abdos-fessiers
..... 12 ^h 30 (45') Body Pump	 10 ^h 00 (60') Body Balance	 12 ^h 30 (30') Fessiers d'acier	 10 ^h 15 (45') Stretching zen	 10 ^h 15 (45') Body Sculpt	 10 ^h 15 (45') Body Pump	 10 ^h 15 (45') Pilates
..... 12 ^h 30 (30') Super abdos-fessiers	 12 ^h 30 (30') Super abdos-fessiers	 13 ^h (30') Abdos en béton	 12 ^h 30 (60') Cross training Ⓢ	 12 ^h 30 (45') Body Attack	 11 ^h 15 (30') Aéro Step/Aéro Cardio	 10 ^h 15 (45') Pilates
..... 13 ^h (30') Stretching Zen	 13 ^h (30') Abdos en béton	 13 ^h (30') Abdos en béton	 13 ^h (30') Abdos en béton	 13 ^h (30') Abdos en béton	 13 ^h (30') Abdos en béton	 13 ^h (30') Abdos en béton
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
..... 18 ^h (45') Body Pump	 18 ^h 15 (50') Yoga Vinyasa	 18 ^h 30 (45') Zumba	 18 ^h 45 (45') HBX boxing Ⓢ	 18 ^h 45 (45') Body Attack	 18 ^h 45 (45') Body Attack	 18 ^h 45 (45') Body Attack
..... 19 ^h 00 (30') Abdos, fessiers & dos	 19 ^h 15 (45') Body Jam	 19 ^h 15 (45') Super abdos-fessiers	 19 ^h (60') Cross training Ⓢ	 19 ^h 30 (60') Body Balance	 19 ^h 30 (60') Body Balance	 19 ^h 30 (60') Body Balance
..... 19 ^h 30 (45') Body Attack	 20 ^h 15 (45') Body Pump	 20 ^h 15 (45') TRX HIIT Ⓢ	 19 ^h 30 (45') Body Pump	 19 ^h 30 (60') Body Balance	 19 ^h 30 (60') Body Balance	 19 ^h 30 (60') Body Balance
..... 20 ^h 15 (45') Body Balance	 20 ^h 15 (45') Body Pump	 20 ^h 15 (45') TRX HIIT Ⓢ	 20 ^h 15 (45') TRX HIIT Ⓢ	 20 ^h 15 (45') TRX HIIT Ⓢ	 20 ^h 15 (45') TRX HIIT Ⓢ	 20 ^h 15 (45') TRX HIIT Ⓢ

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

BIKING

..... 11 ^h 30 (45') SPiVi	 7 ^h 15 (45') SPiVi	 10 ^h 15 (45') RPM®	 8 ^h 15 (45') SPiVi	 10 ^h 15 (45') SPiVi	 10 ^h 15 (45') SPiVi	 10 ^h 15 (45') SPiVi
..... 12 ^h 30 (45') RPM®	 10 ^h 15 (45') SPiVi	 12 ^h 30 (45') RPM®	 9 ^h 15 (45') SPiVi	 12 ^h 30 (45') RPM®	 12 ^h 30 (45') RPM®	 12 ^h 30 (45') RPM®
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
..... 18 ^h 15 (45') SPiVi	 16 ^h 15 (45') SPiVi	 17 ^h 15 (45') SPiVi	 17 ^h 15 (45') SPiVi	 17 ^h 15 (45') SPiVi	 17 ^h 15 (45') SPiVi	 17 ^h 15 (45') SPiVi
..... 19 ^h 15 (45') RPM®	 18 ^h 00 (45') SPiVi	 19 ^h 15 (45') RPM®	 18 ^h 15 (45') RPM®	 18 ^h 00 (45') SPiVi	 18 ^h 00 (45') SPiVi	 18 ^h 00 (45') SPiVi
..... 21 ^h 15 (30') SPiVi	 19 ^h 45 (45') SPiVi	 20 ^h 15 (45') SPiVi	 19 ^h 30 (45') SPiVi	 19 ^h 15 (45') SPiVi	 19 ^h 15 (45') SPiVi	 19 ^h 15 (45') SPiVi



RÉSERVEZ VOS COURS
SUR L'APPLI LE NUAGE

