

PLANNING

LUNDI		MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
PILATES* 8:45 - 9:30		POSTURAL BALL* 8:45 - 9:30	PILATES* 8:45 - 9:30	RPM* 8:45 - 9:30	ABDOS/FESSIERS* 8:45 - 9:15	
B.SCULPT* 9:40 - 10:25	CROSS* 9:40 - 10:25	ZUMBA* 9:40 - 10:25	YOGA* 9:40 - 10:25	B.SCULPT* 9:40 - 10:25	BOXE* 9:40 - 10:10	BODY PUMP* 9:45 - 10:30
ABDOS/FESSIERS* 10:35 - 11:05		STRETCHING* 10:35 - 11:20	STEP* 10:35 - 11:20	POSTURAL BALL* 10:35 - 11:20	B.SCULPT* 10:35 - 11:20	CROSS* 10:35 - 11:20
PILATES* 11:15 - 12:15	BODY PUMP* 11:30 - 12:15		RPM* 11:30 - 12:15	C.A.F* 11:30 - 12:15	STRETCHING* 11:30 - 12:15	ABDOS/FESSIERS* 11:35 - 12:05
B.ATTACK* 12:30 - 13:15	RPM* 12:30 - 13:15	PILATES* 12:30 - 13:15	CROSS* 12:30 - 13:15	C.A.F* 12:30 - 13:15	BOXE* 12:30 - 13:00	ZUMBA* 12:30 - 13:15
CROSS* 12:30 - 13:15		CROSS* 12:30 - 13:15		CROSS* 12:30 - 13:15	B.PUMP* 12:30 - 13:15	SPRINT* 12:30 - 13:00
PILATES* 12:15 - 13:00						
BODY PUMP* 17:10 - 17:55		C.A.F* 17:10 - 17:55	CROSS* 17:10 - 17:55	BODY SCULPT* 17:10 - 17:55	100% ABDOS* 17:10 - 17:40	BOXE* 17:10 - 17:40
BODY ATTACK* 17:15 - 18:00						
STEP* 18:05 - 18:50	SPRINT* 18:05 - 18:35	RPM* 18:05 - 18:50	POSTURAL BALL* 18:05 - 18:50	YOGA* 17:50 - 18:50	CROSS* 17:50 - 18:35	LATINO* 18:10 - 18:55
RPM* 18:10 - 18:55						
PILATES* 19:00 - 19:45	CROSS* 19:00 - 19:45	ABDOS/FESSIERS* 19:00 - 19:30	BOXE* 19:00 - 19:30	ZUMBA* 19:00 - 19:45	CROSS* 19:00 - 19:45	RPM* 19:00 - 19:45
B.PUMP* 19:00 - 19:45						
STRETCH* 19:55 - 20:40	BOXE* 20:00 - 20:30	YOGA* 19:40 - 20:40	STRONG* 19:55 - 20:40	STEP* 19:55 - 20:40	PILATES* 19:45 - 20:30	

PLANNING FITNESS

À partir du 02/09/2024

*cours sur réservation (XPLOR DECIPLUS)

HORAIRES D'ACCUEIL

DU LUNDI AU VENDREDI :

8:30 - 21:00

SAMEDI :

9:30 - 14:00

ACCÈS 7J/7

6:00 - 23:00

avec votre badge/QR code