

PLANNING COURS COLLECTIFS

MIS À JOUR AU 1 MARS 2020

— GRANDE SALLE —

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:00 William BODY TONIC	9:00 Audrey PILATES	9:00 Corinne PILATES	9:00 Eve BODY TONIC	9:00 William BODY SCULPT	9:30 Greg BODY SCULPT	9:30 Sonia BODY SCULPT
10:30 Virginie HATHA-YOGA 60'	10:00 Karl BODYPUMP	10:00 Eve BODY TONIC	10:00 Eve BODY ZEN 60'	10:00 Virginie HATHA-YOGA 60'	10:30 Audrey PILATES	10:30 Sonia BODYATTACK
	11:00 Karl STRETCHING 45'	11:00 Eve STRETCHING 30'			11:30 Karl BODYPUMP	11:00 Sonia ABDOS FESSIERS
12:30 William BODY SCULPT 45'	12:30 Karl BOXING 45'	12:30 Eve BODYPUMP 60'	12:30 Christophe BODY SCULPT 45'	12:30 William BODYCOMBAT 60'	12:45 Francky ZUMBA	11:30 Sonia PILATES- BARRE AU SOL
13:15 Audrey PILATES		14:00 Karl BOXING ADOS			14:00 Audrey YOGA VINYASA	
18:00 Eve BODY SCULPT	18:00 Sonia YOGA POSTURAL		18:15 Greg CIRCUIT FITNESS	18:00 Karl BODY SCULPT		
19:00 Eve SH'BAM	19:00 Sonia BODYATTACK	18:45 William BODY SCULPT	19:00 Greg BODYATTACK	19:00 Karl HIIT		
	19:30 Sonia SCULPT EXPRESS		19:30 Lauree ZUMBA			
19:45 Christophe BODYPUMP	20:00 Sonia ABDOS FESSIERS 30'	19:45 William BODYCOMBAT		20:00 Karl BOXING 45'		



— STUDIO CYCLING —



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	9:00 RPM VIRTUAL	9:00 RPM VIRTUAL			9:30 Karl RPM	9:30 Greg RPM
10:15 William RPM	10:30 RPM VIRTUAL		10:15 Chris RPM	10:00 RPM VIRTUAL	10:40 Greg RPM	10:40 Greg sprint
12:30 RPM VIRTUAL	12:30 William RPM	13:00 RPM VIRTUAL	12:30 RPM VIRTUAL	13:00 RPM VIRTUAL		12:30 RPM VIRTUAL
15:00 RPM VIRTUAL	16:00 RPM VIRTUAL	17:00 RPM VIRTUAL	15:00 RPM VIRTUAL		15:00 RPM VIRTUAL	
18:45 Christophe RPM	19:30 William sprint	19:00 Greg RPM	19:40 Greg sprint	19:00 RPM VIRTUAL		
20:00 RPM VIRTUAL	20:30 RPM VIRTUAL	21:00 RPM VIRTUAL	21:00 RPM VIRTUAL			