

# PLANNING COURS COLLECTIFS

MIS À JOUR AU 7 SEPTEMBRE 2020

## — GRANDE SALLE —

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



## — STUDIO CYCLING —



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	9:00 ▶ <b>RPM VIRTUAL</b>	9:00 ▶ <b>RPM VIRTUAL</b>			9:30 Karl <b>RPM</b>	9:30 Maxime <b>RPM</b>
10:15 William <b>RPM</b>	10:30 ▶ <b>RPM VIRTUAL</b>			10:00 ▶ <b>RPM VIRTUAL</b>	10:40 Greg <b>RPM</b>	10:40 Maxime <b>sprint</b>
12:30 ▶ <b>RPM VIRTUAL</b>	12:30 ▶ <b>RPM VIRTUAL</b>	13:00 ▶ <b>RPM VIRTUAL</b>	12:30 William <b>RPM</b>	13:00 ▶ <b>RPM VIRTUAL</b>		12:30 ▶ <b>RPM VIRTUAL</b>
15:00 ▶ <b>RPM VIRTUAL</b>	16:00 ▶ <b>RPM VIRTUAL</b>	17:00 ▶ <b>RPM VIRTUAL</b>	15:00 ▶ <b>RPM VIRTUAL</b>		15:00 ▶ <b>RPM VIRTUAL</b>	
18:45 Maxime <b>RPM</b>	19:40 Sonia <b>sprint</b>	19:00 Greg <b>RPM</b>	19:30 William <b>sprint</b>	19:00 ▶ <b>RPM VIRTUAL</b>		
20:00 ▶ <b>RPM VIRTUAL</b>	20:30 ▶ <b>RPM VIRTUAL</b>	21:00 ▶ <b>RPM VIRTUAL</b>	21:00 ▶ <b>RPM VIRTUAL</b>			