

# PLANNING COURS COLLECTIFS



## — GRANDE SALLE —



MIS À JOUR AU 3 JANVIER 2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:00 William <b>BODY TONIC</b>	9:00 Corinne <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 Maxime <b>BODY SCULPT</b>
9:30 Audrey <b>SMALL GROUP (RESERVATION)</b>	10:00 William <b>BODYPUMP</b>	10:00 Eve <b>BODY TONIC</b>	10:00 Eve <b>BODY ZEN</b> 60'	10:00 William <b>SMALL GROUP (RESERVATION)</b>	10:30 Corinne <b>PILATES</b>	10:30 Maxime <b>CIRCUIT TRAINING</b>
10:30 Virginie <b>HATHA-YOGA</b> 60'		11:00 Eve <b>STRETCHING</b> 30'		10:30 Virginie <b>HATHA-YOGA</b> 60'	10:30 Max/Karl <b>PROGRAMME (RESERVATION)</b>	11:30 Carlos <b>ZUMBA</b>
12:30 William <b>BODY SCULPT</b> 45'		12:30 Eve <b>BODYPUMP</b> 60'	12:30 Maxime <b>CIRCUIT TRAINING</b> 45'	12:30 William <b>BODYCOMBAT</b> 60'	11:30 Max/Karl <b>BODYPUMP</b>	
13:15 Audrey <b>PILATES</b>					13:30 Caroline <b>YOGA VINYASA</b>	
18:00 Eve <b>BODY SCULPT</b>	18:00 Virginie <b>HATHA-YOGA</b>			18:00 Karl <b>BODY SCULPT</b>		
19:00 Eve <b>TOP DANCE</b>	18:30 Audrey <b>SMALL GROUP (RESERVATION)</b>	19:00 Marie-H <b>SMALL GROUP (RESERVATION)</b>	18:45 William <b>BODY SCULPT</b>	18:15 Maxime <b>CIRCUIT TRAINING</b> 45'	19:00 Karl <b>HIIT</b>	
19:45 Maxime <b>BODYPUMP</b>	19:00 Greg <b>BODYATTACK</b> 60'	19:00 Elodie <b>ESCALADE (SF VACANCES)</b>	19:45 William <b>BODYCOMBAT</b>	19:30 Lauree <b>ZUMBA</b>	20:00 Karl <b>BOXING</b> 45'	
	20:00 Audrey <b>BOXING</b> 45'					



## — STUDIO CYCLING —



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	A tout moment: Séance Vélo Vidéo				9:30 Max/Karl <b>RPM</b>	9:30 Anthony <b>RPM</b>
10:15 William <b>RPM</b>					10:30 Greg <b>RPM</b>	10:30 Anthony <b>RPM</b>
	12:30 William <b>RPM</b>					
18:45 Maxime <b>RPM</b>		19:00 Greg <b>RPM</b>	19:00 Maxime <b>RPM</b>			