

PLANNING COURS COLLECTIFS

A PARTIR DU 1ER JANVIER 2026

★ ACCESSIBLE AVEC ABONNEMENT ESSENTIAL & PRIVILEGE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30 (45') PILATES★ 10h15 (30') SPÉCIAL DOS 10h45 (30') CUISSES FESSIERS 11h15 (30') ABDOS TAILLE 11h45 (30') STRETCHING 12h15 (45') LES MILLS BODYPUMP★ 13h00 (45') CIRCUIT TRAINING 17h30 (30') ABDOS FESSIERS 18h00 (45') PILATES★ 18h45 (45') STEP 19h30 (45') LES MILLS RPM★ 20h15 (60') ZUMBA	9h30 (30') BODYSCULPT 10h00 (30') PILATES★ 10h30 (30') STRETCHING 11h00 (30') ABDOS FESSIERS 11h30 (30') SPECIAL BUSTE 12h15 (45') LES MILLS RPM★ 14h (45') PILATES★ 14h45 (15') STRETCHING 15h00 (30') BODYSCULPT 17h30 (30') ABDOS TAILLE 18h00 (30') CUISSES FESSIERS 18h30 (30') BODYSCULPT 19h00 (60') STEP AFRO 20h00 (60') YOGA VINYASA★	9h00 (60') HATHA YOGA★ 10h00 (45') LES MILLS BODYBALANCE★ 10h45 (45') BODYSCULPT 11h30 (45') LES MILLS BODYCOMBAT★ 12h15 (15') 100% ABDOS 12h30 (45') LES MILLS RPM★ 17h45 (45') MOBILITÉ 18h30 (60') LES MILLS BODYPUMP★ 19h30 (45') LES MILLS BODYATTACK★ 20h15 (45') LES MILLS RPM★	9h45 (30') SPÉCIAL DOS 10h15 (45') CUISSES ABDOS FESSIERS 11h (30') STRETCHING 11h30 (30') MOBILITÉ 12h30 (45') CIRCUIT TRAINING 17h30 (60') HATHA YOGA FLOW★ 18h30 (45') LES MILLS RPM★ 19h15 (60') FUNCTIONAL TRAINING 20h15 (45') PILATES★	9h15 (60') HATHA YOGA★ 10h15 (45') PILATES★ 11h00 (45') LES MILLS BODYPUMP★ 11h45 (45') MOBILITÉ 12h30 (45') LES MILLS BODYPUMP★ 17h30 (30') ABDOS FESSIERS 18h00 (30') PILATES★ 18h30 (45') LES MILLS BODYPUMP★ 19h15 (45') LES MILLS BODYCOMBAT★ 20h00 (60') YOGA VINYASA★	9h45 (45') CUISSES ABDOS FESSIERS 10h30 (45') LES MILLS RPM★ 11h15 (45') LES MILLS BODYPUMP★ 12h00 (45') MOBILITÉ 15h00 (45') PILATES★ 15h45 (30') LES MILLS RPM★ 16h15 (45') LES MILLS BODYPUMP★	9h30 (30') ABDOS TAILLE 10h00 (30') CUISSES FESSIERS 10h30 (30') SPÉCIAL BUSTE 11h00 (60') ZUMBA 12h00 (45') BODYSCULPT 12h45 (45') TABATA