

PLANNING FITNESS

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|--|--|--|---|--|--|
| 9 ^h 15 SUPER ABDOS-FESSIERS (45') | 9 ^h 15 PILATES (45') | 9 ^h 15 HBX BOXING (45')  | 9 ^h 15 BODY PUMP (45') | 9 ^h 15 STRETCHING ZEN (45') | 9 ^h 15 HBX BOXING (45')  | 9 ^h 30 PILATES (45') |
| 10 ^h 15 HATHA YOGA (60') | 10 ^h 00 BODY BALANCE (60') | 10 ^h 30 YOGA VINYASA (60') | 10 ^h 15 STRETCHING ZEN (45') | 10 ^h BODY SCULPT (45') | 10 ^h 15 BODY PUMP (60') | 10 ^h 15 SUPER ABDOS-FESSIERS (45') |
| | | 11 ^h 30 ATELIER YOGA (30')  | | | 11 ^h 15 ABDOS, FESSIERS, DOS (30') | 11 ^h BODY BALANCE (45') |
| 12 ^h L'ATELIER (45')  | 12 ^h 30 SUPER ABDOS-FESSIERS (30') CROSS TRAINING (45')  | 12 ^h 30 FESSIERS D'ACIER (30') | 12 ^h 30 CROSS TRAINING (45')  YOGA VINYASA (45') | 12 ^h 30 PILATES (45') | 11 ^h 45 STRETCHING ZEN (30') | |
| 12 ^h 45 BODY PUMP (45') | 13 ^h STRETCHING ZEN (30') | 13 ^h ABDOS EN BÉTON (30') | | | 14 ^h KRAV MAGA (60')  <small>(1^{ERS} ET 3^{EMES} DU MOIS)</small> | |
| 18 ^h HBX BOXING (45')  | | | | | 17 ^h SUPER ABDOS-FESSIERS (60') | |
| 18 ^h 50 BODY PUMP (45') | 18 ^h 15 YOGA VINYASA (60') | 18 ^h SUPER ABDOS-FESSIERS (45') | 18 ^h BODY PUMP (45') | 18 ^h SUPER ABDOS-FESSIERS (45') | 18 ^h STRETCHING ZEN (60') | |
| 19 ^h RUNNING SESSION (60')  | 19 ^h 15 BODY JAM (45') | 18 ^h 45 ZUMBA (45') | 18 ^h 45 BODY COMBAT (45') | 18 ^h 45 BODY ATTACK (45') | | |
| 19 ^h 40 BODY COMBAT (30') | 19 ^h 30 CROSS TRAINING (45')  | 19 ^h 30 BODY ATTACK (45') | 19 ^h 30 HBX BOXING (45')  | 19 ^h 30 BODY BALANCE (60') | | |
| 20 ^h 15 CROSS TRAINING (45')  PILATES (45') | 20 ^h 15 BODY PUMP (45') | 20 ^h 15 TRX HIIT (45')  | 20 ^h 15 CROSS TRAINING (45')  YOGA RESTAURATIF (60') | | | |

-  RENFORCEMENT MUSCULAIRE
-  EFFORT CARDIO-VASCULAIRE
-  RELAXATION, BIEN-ÊTRE
-  ACTIVITÉS EN EXTÉRIEUR
-  ACTIVITÉS AU 4^{EME} ÉTAGE
-  DANSE
-  RÉSERVATION OBLIGATOIRE