

LUNDI

AQUA

09H30
AQUA SCULPT
10H30
AQUA CARDIO

12H30
AQUA SCULPT

16H30
AQUA BIKE
17H45
AQUA CARDIO
18H45
AQUA SCULPT
19H45
AQUA CARDIO

CYCLE

09H30
RPM CINEMA
10H30
THE TRIP CINEMA
11H30
RPM CINEMA
12H30
THE TRIP

16H30
THE TRIP CINEMA
17H30
RPM CINEMA
18H30
THE TRIP
19H45
ATHLETIC BOXE

WELLNESS

09H30
FULL TRAINING
10H30
YIN YOGA

12H30
VINYASA YOGA

17H45
FULL TRAINING
18H45
PILATES
19H45
BODY BALANCE

AQUA

09H30
ATHLETIC AQUA BIKE
10H30
AQUA BIKE

12H30
ATHLETIC AQUA BIKE

16H30
ATHLETIC AQUA BIKE
17H30
AQUA BIKE
18H30
ATHLETIC AQUA BIKE
19H45
AQUA SCULPT

CYCLE

09H30
THE TRIP CINEMA
10H30
RPM CINEMA
11H30
THE TRIP CINEMA
12H30
ATHLETIC ROW

16H30
RPM CINEMA
17H45
ATHLETIC BOXE

19H45
ATHLETIC ROW

WELLNESS

09H30
HATHA YOGA
10H45
PILATES

12H30
PILATES

17H45
CHI FLOW
18H45
FULL TRAINING
19H45
VINYASA YOGA

AQUA

09H15
AQUA SCULPT

17H30
AQUA SCULPT
18H30
AQUA CARDIO
19H30
AQUA SCULPT

CYCLE

09H30
RPM CINEMA
10H30
THE TRIP CINEMA
11H30
RPM CINEMA
12H30
ATHLETIC ULTIMATE
13H30
THE TRIP CINEMA
14H30
RPM CINEMA
15H30
THE TRIP CINEMA
16H30
RPM CINEMA
17H45
ATHLETIC ROW

19H00
THE TRIP
20H00
FULL TRAINING

WELLNESS

09H30
FULL TRAINING
10H30
PILATES

12H30
HATHA YOGA

17H30
PILATES
18H30
HATHA YOGA
19H45
YIN YOGA

MARDI

JEUDI

AQUA

09H30
AQUA CARDIO
10H30
AQUA SCULPT

12H30
AQUA BOXE

17H30
ATHLETIC AQUA BIKE
18H30
AQUA BIKE
19H30
ATHLETIC AQUA BIKE

CYCLE

09H30
RPM CINEMA
10H30
THE TRIP CINEMA
11H30
RPM CINEMA
12H30
THE TRIP

16H30
THE TRIP CINEMA
17H45
FULL TRAINING
18H45
ATHLETIC ULTIMATE
19H45
THE TRIP CINEMA

WELLNESS

09H30
PILATES
10H30
YIN YOGA

12H30
FULL TRAINING

17H30
HATHA YOGA
18H45
CHI FLOW
19H45
PILATES

AQUA

09H30
AQUA BIKE
10H30
ATHLETIC AQUA BIKE

12H30
AQUA CARDIO

16H00
AQUA SCULPT

19H20
AQUA BOXE

CYCLE

09H30
THE TRIP CINEMA
10H30
RPM CINEMA
11H30
THE TRIP CINEMA
12H30
ATHLETIC BOXE

16H15
THE TRIP CINEMA
17H15
RPM CINEMA
18H15
THE TRIP
19H15
RPM CINEMA

WELLNESS

09H30
FULL TRAINING
10H30
BODY BALANCE

12H30
BODY BALANCE

19H15
BODY BALANCE

VENDREDI

AQUA

12H30
AQUA SCULPT

CYCLE

09H30
RPM CINEMA
10H30
THE TRIP
11H30
RPM CINEMA
12H30
THE TRIP CINEMA

WELLNESS

09H30
FULL TRAINING

11H30
BODY BALANCE

MERCREDI

SAMEDI

TÉLÉCHARGEZ
LE PLANNING



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