

LUNDI

STUDIOS

AQUA	CYCLE	WELLNESS	...
09H30 45' AQUA SCULPT	09H30 45' RPM VIRTUAL	9H30 45' FULL TRAINING	CHARGEMENT...
10H30 45' AQUA PULSE	10H30 45' THE TRIP	10H30 60' YIN YOGA	
11H30 45' AQUA PULSE	11H30 45' THE TRIP VIRTUAL		
12H30 45' AQUA SCULPT	12H30 45' RPM	12H30 45' VINYASA YOGA	
16H30 45' AQUA SCULPT	16H30 45' RPM VIRTUAL		
17H30 45' AQUA PULSE	17H30 45' THE TRIP	17H30 45' FULL TRAINING	
18H30 45' AQUA SCULPT	18H30 45' RPM	18H45 45' PILATES	
19H45 45' AQUA BIKE FUSION	19H45 45' HBX BOXING	19H45 45' BODY BALANCE	

MARDI

STUDIOS

AQUA	CYCLE	WELLNESS	...
09H30 45' AQUA BIKE FUSION		09H30 60' HATHA YOGA	CHARGEMENT...
10H30 45' AQUA BIKE	10H00 45' RPM VIRTUAL	10H45 45' PILATES	
11H30 45' AQUA BIKE FUSION	11H00 45' THE TRIP VIRTUAL		
12H30 45' AQUA BIKE FUSION	12H30 45' ROW FUSION	12H30 45' PILATES	
16H30 45' AQUA SCULPT			
17H30 45' AQUA BIKE FUSION	17H45 45' HBX BOXING	17H30 60' HATHA YOGA	
18H30 45' AQUA BIKE FUSION	18H45 45' CHI FLOW	18H45 45' FULL TRAINING	
19H45 45' AQUA BOXE	19H45 45' ROW FUSION	19H45 60' VINYASA YOGA	

MERCREDI

STUDIOS

AQUA	CYCLE	WELLNESS	...
09H15 45' AQUA SCULPT		09H30 45' FULL TRAINING	CHARGEMENT...
	10H00 45' THE TRIP VIRTUAL	10H30 45' PILATES	
	11H00 45' RPM VIRTUAL	11H30 45' YIN YOGA	
12H30 45' AQUA SCULPT	12H30 45' ULTIMATE PULSE	12H30 45' HATHA YOGA	
16H45 45' AQUA SCULPT	16H15 45' RPM VIRTUAL		
17H45 45' AQUA PULSE	17H45 45' ROW FUSION	17H30 45' PILATES	
18H45 45' AQUA SCULPT	19H00 45' THE TRIP	18H30 60' HATHA YOGA	
19H45 45' AQUA PULSE	20H00 45' FULL TRAINING	19H45 60' YIN YOGA	

JEUDI

STUDIOS

AQUA	CYCLE	WELLNESS	...
09H30 45' AQUA PULSE	09H30 45' RPM VIRTUAL	09H30 45' PILATES	CHARGEMENT...
10H30 45' AQUA SCULPT	10H30 45' THE TRIP VIRTUAL	10H30 60' YIN YOGA	
11H30 45' AQUA SCULPT	11H30 45' RPM VIRTUAL		
12H30 45' AQUA BOXE	12H30 45' THE TRIP	12H30 45' FULL TRAINING	
17H00 45' AQUA PULSE			
18H00 45' AQUA BIKE FUSION	17H45 45' ULTIMATE PULSE	17H45 45' POSTURAL CARE	
19H00 45' AQUA BIKE	18H45 45' ULTIMATE PULSE	18H45 45' FULL TRAINING	
20H00 45' AQUA BIKE FUSION	19H45 45' HBX BOXING	19H45 45' PILATES	

VENDREDI

STUDIOS

AQUA	CYCLE	WELLNESS	...
09H30 45' AQUA BIKE	09H30 45' FULL TRAINING	09H30 45' PILATES	CHARGEMENT...
10H30 45' AQUA BIKE FUSION	10H30 45' ROW FUSION	10H30 45' STRETCHING	
11H30 45' AQUA SCULPT			
12H30 45' AQUA PULSE	12H30 45' HBX BOXING	12H30 45' BODY BALANCE	
16H00 45' AQUA SCULPT	16H30 45' THE TRIP VIRTUAL		
	17H30 45' RPM VIRTUAL	17H30 45' FULL TRAINING	
18H45 45' AQUA PULSE	18H30 45' THE TRIP		
19H45 45' AQUA SCULPT	19H30 45' RPM VIRTUAL	19H30 45' BODY BALANCE	

SAMEDI

STUDIOS

AQUA	CYCLE	WELLNESS	...
	09H30 45' RPM VIRTUAL	09H30 45' FULL TRAINING	CHARGEMENT...
	10H30 45' THE TRIP		
	11H30 45' RPM VIRTUAL	11H30 45' BODY BALANCE	
12H30 45' AQUA SCULPT	12H30 45' THE TRIP VIRTUAL		

TÉLÉCHARGEZ
LE PLANNING



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