

LUNDI

09H15	AQUA SCULPT 09H30 45'	OPEN STUDIO 09H30 45'	OPEN STUDIO 09H30 60'	FULL TRAINING 09H30 45'	RPM VIRTUAL 09H30 45'
	AQUA PULSE 10H30 45'	YIN YOGA 10H30 60'	OPEN STUDIO 10H30 60'	OPEN STUDIO 10H30 60'	THE TRIP 10H30 45'
	AQUA PULSE 11H30 45'	OPEN STUDIO 11H45 30'	OPEN STUDIO 11H30 60'	OPEN STUDIO 11H30 45'	THE TRIP VIRTUAL 11H30 45'
13H45	AQUA SCULPT 12H30 45'	VINYASA YOGA 12H30 45'	OPEN STUDIO 12H30 45'	FULL TRAINING 12H30 45'	RPM 12H30 45'
16H15	AQUA SCULPT 16H30 45'	OPEN STUDIO 16H30 60'	OPEN STUDIO 16H45 60'	OPEN STUDIO 16H30 45'	RPM VIRTUAL 16H30 45'
	AQUA PULSE 17H30 45'	OPEN STUDIO 17H30 45'	PLAY GROUND 17H45 30'	FULL TRAINING 17H30 45'	THE TRIP VIRTUAL 17H30 45'
	AQUA SCULPT 18H30 45'	PILATES 18H45 45'	OPEN STUDIO 18H45 45'	BODY PUMP 18H30 45'	RPM 18H30 45'
21H00	AQUA BIKE FUSION 19H45 45'	BODY BALANCE 19H45 45'	HBX BOXING 19H45 45'	DANCE 19H30 45'	THE TRIP VIRTUAL 19H30 45'

MARDI

09H15	AQUA BIKE FUSION 09H30 45'	HATHA YOGA 09H30 60'	OPEN STUDIO 09H30 60'	OPEN STUDIO 09H30 60'	RPM VIRTUAL 09H30 45'
	AQUA BIKE FUSION 10H30 45'	PILATES 10H45 45'	OPEN STUDIO 10H30 60'	OPEN STUDIO 10H30 60'	THE TRIP VIRTUAL 10H30 45'
	AQUA BIKE FUSION 11H30 45'	OPEN STUDIO 11H45 30'	OPEN STUDIO 11H30 60'	OPEN STUDIO 11H30 45'	RPM VIRTUAL 11H30 45'
13H45	AQUA SCULPT 12H30 45'	PILATES 12H30 45'	OPEN STUDIO 12H30 45'	ROW FUSION 12H30 45'	THE TRIP VIRTUAL 12H30 45'
16H15	AQUA SCULPT 16H30 45'	OPEN STUDIO 16H30 45'	OPEN STUDIO 16H30 60'	OPEN STUDIO 16H30 60'	THE TRIP VIRTUAL 16H30 45'
	AQUA BIKE FUSION 17H30 45'	HATHA YOGA 17H30 60'	HBX BOXING 17H45 45'	OPEN STUDIO 17H30 60'	RPM VIRTUAL 17H30 45'
	AQUA BIKE FUSION 18H30 45'	CHI FLOW 18H45 45'	OPEN STUDIO 18H45 60'	FULL TRAINING 18H45 45'	THE TRIP VIRTUAL 18H30 45'
21H00	AQUA BOXE 19H45 45'	VINYASA YOGA 19H45 60'	OPEN STUDIO 19H45 60'	ROW FUSION 19H45 45'	RPM VIRTUAL 19H30 45'

MERCREDI

09H00	AQUA SCULPT 09H15 45'	OPEN STUDIO 09H30 60'	OPEN STUDIO 09H30 60'	FULL TRAINING 09H30 45'	THE TRIP VIRTUAL 09H30 45'
		PILATES 10H30 45'	OPEN STUDIO 10H30 60'	OPEN STUDIO 10H30 60'	RPM VIRTUAL 10H30 45'
		YIN YOGA 11H30 45'	OPEN STUDIO 11H30 60'	OPEN STUDIO 11H30 45'	THE TRIP VIRTUAL 11H30 45'
	AQUA SCULPT 12H30 45'	HATHA YOGA 12H30 45'	OPEN STUDIO 12H30 60'	ULTIMATE PULSE 12H30 45'	RPM VIRTUAL 12H30 45'
	AQUA SCULPT 16H45 45'	OPEN STUDIO 16H30 45'	OPEN STUDIO 16H30 60'	OPEN STUDIO 16H30 60'	RPM VIRTUAL 16H00 45'
	AQUA PULSE 17H45 45'	PILATES 17H30 45'	OPEN STUDIO 17H30 30'	OPEN STUDIO 17H30 45'	THE TRIP VIRTUAL 17H00 45'
	AQUA SCULPT 18H45 45'	HATHA YOGA 18H30 60'	PLAY GROUND 18H15 30'	ROW FUSION 18H00 45'	RPM VIRTUAL 18H00 45'
21H00	AQUA PULSE 19H45 45'	YIN YOGA 19H45 60'	OPEN STUDIO 19H30 60'	BODY PUMP 20H00 45'	THE TRIP 19H00 45'

JEUDI

09H15	AQUA PULSE 09H30 45'	PILATES 09H30 45'	OPEN STUDIO 09H30 60'	OPEN STUDIO 09H30 60'	THE TRIP VIRTUAL 09H30 45'
	AQUA SCULPT 10H30 45'	YIN YOGA 10H30 60'	OPEN STUDIO 10H30 60'	OPEN STUDIO 10H30 60'	RPM VIRTUAL 10H30 45'
	AQUA SCULPT 11H30 45'	OPEN STUDIO 11H45 45'	OPEN STUDIO 11H30 60'	OPEN STUDIO 11H30 45'	THE TRIP VIRTUAL 11H30 45'
13H45	AQUA BOXE 12H30 45'	OPEN STUDIO 12H30 45'	OPEN STUDIO 12H30 45'	BODY PUMP 12H30 45'	THE TRIP 12H30 45'
16H15	AQUA PULSE 17H00 45'	OPEN STUDIO 16H30 45'	OPEN STUDIO 16H30 60'	OPEN STUDIO 16H30 60'	RPM VIRTUAL 16H45 45'
	AQUA BIKE FUSION 18H00 45'	POSTURAL CARE 17H45 45'	OPEN STUDIO 17H30 60'	ULTIMATE PULSE 17H45 45'	THE TRIP VIRTUAL 17H45 45'
	AQUA BIKE FUSION 19H00 45'	BODY BALANCE 18H45 45'	HBX BOXING 18H45 45'	ULTIMATE PULSE 18H45 45'	RPM VIRTUAL 18H45 45'
21H00	AQUA BIKE FUSION 20H00 45'	PILATES 19H45 45'	OPEN STUDIO 19H45 45'	ROW FUSION 19H45 45'	THE TRIP 19H45 45'

VENREDI

09H15	AQUA BIKE FUSION 09H30 45'	PILATES 09H30 45'	OPEN STUDIO 09H30 60'	BODY PUMP 09H30 45'	RPM VIRTUAL 09H30 45'
	AQUA BIKE FUSION 10H30 45'	STRETCH 10H30 45'	OPEN STUDIO 10H30 60'	ROW FUSION 10H30 45'	THE TRIP VIRTUAL 10H30 45'
	AQUA SCULPT 11H30 45'	OPEN STUDIO 11H30 45'	OPEN STUDIO 11H30 45'	OPEN STUDIO 11H30 45'	RPM VIRTUAL 11H30 45'
13H45	AQUA PULSE 12H30 45'	BODY BALANCE 12H30 45'	HBX BOXING 12H30 45'	DANCE 12H30 45'	THE TRIP VIRTUAL 12H30 45'
15H45	AQUA SCULPT 16H00 45'	OPEN STUDIO 16H00 60'	OPEN STUDIO 16H00 60'	OPEN STUDIO 16H00 60'	THE TRIP VIRTUAL 16H30 45'
		OPEN STUDIO 17H00 60'	OPEN STUDIO 17H00 60'	BODY PUMP 17H30 45'	RPM VIRTUAL 17H30 45'
	AQUA PULSE 18H45 45'	OPEN STUDIO 18H00 60'	OPEN STUDIO 18H00 60'	OPEN STUDIO 18H30 60'	THE TRIP 18H30 45'
21H00	AQUA SCULPT 19H45 45'	BODY BALANCE 19H30 45'	OPEN STUDIO 19H00 60'	OPEN STUDIO 19H30 60'	RPM VIRTUAL 19H30 45'

SAMEDI

08H30		OPEN STUDIO 09H00 60'	OPEN STUDIO 09H00 60'	FULL TRAINING 09H30 45'	RPM VIRTUAL 09H30 45'
		OPEN STUDIO 10H00 60'	OPEN STUDIO 10H00 60'	BODY PUMP 10H30 45'	THE TRIP 10H30 45'
		BODY BALANCE 11H30 45'	OPEN STUDIO 11H00 60'	OPEN STUDIO 11H30 60'	RPM 11H30 45'
13H45	AQUA SCULPT 12H30 45'	OPEN STUDIO 12H30 45'	OPEN STUDIO 12H00 60'	DANCE 12H30 45'	THE TRIP VIRTUAL 12H30 45'

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KAP CARE

→ OPEN STUDIO : Studio et équipements en accès libre pour vos entraînements personnels

→ VIRTUAL : Séance guidée par un coach virtuel

TÉLÉCHARGEZ LE PLANNING

