



PLANNING

LUNDI

09:00 - 09:45	I GYM	I Studio 1
09:45 - 10:30	I PILATES	I Studio 1
12:15 - 13:00	I SKILL BOOST	I Expérience
12:30 - 13:15	I GYM	I Studio 1
12:30 - 13:00	I SPRINT	I Vélo
15:00 - 15:45	I GYM	I Studio 1
16:45 - 17:30	I YOGA	I Studio 1
17:30 - 18:15	I TRX	I Bootcamp
17:30 - 18:15	I GYM	I Studio 1
18:00 - 19:00	I RUNNING	I Running
18:00 - 18:45	I SKILL BOOST	I Expérience
18:15 - 19:00	I CROSS TRAINING	I Cross training
18:15 - 19:00	I JUMP	I Bootcamp
18:15 - 19:00	I RPM	I Vélo
18:15 - 19:00	I C.A.F	I Studio 1
19:00 - 19:45	I CROSS TRAINING	I Cross training
19:00 - 19:45	I BOXING	I Bootcamp
19:00 - 19:45	I SKILL BOOST	I Expérience
19:15 - 20:00	I BODY ATTACK	I Studio 1
19:15 - 20:00	I RPM	I Vélo
19:45 - 20:30	I CROSS TRAINING	I Cross training

MARDI

09:00 - 09:45	I BODY PUMP	I Studio 1
10:00 - 10:45	I A.F.S	I Studio 1
10:00 - 10:30	I SPRINT	I Vélo
12:30 - 13:15	I BODY PUMP	I Studio 1
12:30 - 13:15	I RPM	I Vélo
16:45 - 17:30	I GYM	I Studio 1
17:30 - 18:00	I ABDOS 30	I Studio 1
18:00 - 18:45	I PILATES	I Bootcamp
18:00 - 19:00	I BODY PUMP	I Studio 1
18:15 - 19:00	I SKILL BLAST	I Expérience
18:15 - 18:30	I THE TRIP	I Vélo
19:00 - 19:45	I ZUMBA	I Studio 1
19:00 - 19:45	I TRX	I Bootcamp
19:00 - 19:45	I SKILL BOOST	I Expérience
19:15 - 20:00	I RPM	I Vélo
20:00 - 20:45	I BODYBALANCE	I Studio 1

MERCREDI

09:00 - 09:45	I BODY SCULPT	I Studio 1
09:45 - 10:30	I BODY BALANCE	I Studio 1
12:15 - 13:00	I SKILL BOOST	I Expérience
12:30 - 13:15	I RPM	I Vélo
12:30 - 13:15	I YOGA	I Studio 1
12:30 - 13:15	I CROSS TRAINING	I Cross training
16:30 - 17:15	I YOGA	I Bootcamp
17:15 - 18:00	I RPM	I Vélo
17:30 - 18:15	I T.B.C	I Studio 1
18:15 - 19:00	I CROSS TRAINING	I Cross training
18:15 - 19:00	I TRX	I Bootcamp
18:15 - 19:00	I THE TRIP	I Vélo
18:15 - 19:00	I STRETCHING	I Studio 1
18:15 - 19:00	I AERO	I Studio 2
18:30 - 19:15	I SKILL BOOST	I Expérience
19:00 - 19:45	I ZUMBA	I Studio 1
19:00 - 19:45	I CROSS TRAINING	I Cross training
19:00 - 19:45	I JUMP	I Bootcamp
19:00 - 19:40	I A.F.S	I Studio 2
19:00 - 20:00	I RUNNING	I Running
19:15 - 19:55	I RPM	I Vélo
19:30 - 20:15	I SKILL BOOST	I Expérience
20:00 - 20:45	I RPM	I Vélo

JEUDI

09:00 - 09:45	I T.B.C	I Studio 1
09:45 - 10:30	I A.F.S	I Studio 1
10:30 - 11:15	I YOGA	I Studio 1
12:30 - 13:15	I T.B.C	I Studio 1
12:30 - 13:00	I THE TRIP	I Vélo
12:30 - 13:15	I SKILL BOOST	I Expérience
16:45 - 17:30	I C.A.F	I Studio 1
17:30 - 18:15	I BODY SCULPT	I Studio 1
18:00 - 18:45	I SKILL BOOST	I Expérience
18:15 - 19:00	I SPRINT	I Vélo
18:15 - 19:00	I STEP	I Studio 1
18:15 - 19:00	I BOXING	I Bootcamp
19:00 - 19:45	I CROSS TRAINING	I Cross training
19:00 - 19:45	I BODY JAM	I Studio 1
19:00 - 19:45	I YOGA	I Bootcamp
19:00 - 19:45	I SKILL BOOST	I Expérience
19:15 - 19:55	I RPM	I Vélo

VENDREDI

09:00 - 09:45	I C.A.F	I Studio 1
09:45 - 10:30	I BODY BALANCE	I Studio 1
12:30 - 13:15	I C.T.A.C	I Studio 1
12:30 - 13:15	I RPM	I Vélo
12:30 - 13:15	I CROSS TRAINING	I Cross training
12:30 - 13:15	I SKILL BOOST	I Expérience
17:15 - 18:00	I RPM	I Vélo
17:30 - 18:15	I GYM	I Studio 1
17:45 - 18:30	I SKILL BOOST	I Expérience
18:15 - 19:00	I RPM	I Vélo
18:15 - 19:00	I ZUMBA	I Studio 1
18:30 - 19:15	I BOXING	I Bootcamp
19:00 - 19:45	I BODY PUMP	I Studio 1
19:00 - 19:45	I CROSS TRAINING	I Cross training
19:15 - 20:00	I RPM	I Vélo
19:15 - 20:00	I SKILL BOOST	I Expérience

SAMEDI

09:30 - 10:15	I BODY PUMP	I Studio 1
10:15 - 11:00	I RPM	I Vélo
10:30 - 11:15	I BODY ATTACK	I Studio 1
10:30 - 11:15	I CROSS TRAINING	I Cross training
11:30 - 12:10	I THE TRIP	I Vélo
11:30 - 12:15	I SKILL BOOST	I Expérience
17:30 - 18:15	I T.B.C	I Studio 1
18:15 - 19:00	I GYM	I Studio 1

DIMANCHE

10:00 - 10:45	I RPM	I Vélo
10:00 - 10:45	I GYM	I Studio 1
10:45 - 11:30	I BODY BALANCE	I Studio 1
11:00 - 11:45	I RPM	I Vélo
17:30 - 18:15	I BODY PUMP	I Studio 1
18:15 - 19:00	I A.F.S	I Studio 1

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