

PLANNING FITNESS 26/27

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9 ^h 15 CORE 360 (45')	9 ^h 15 PILATES (45') ^R	9 ^h 15 HBX BOXING (45') ^R	9 ^h 15 BODY PUMP (45')	9 ^h 15 DEEP STRETCH FLOW (45') ^R	9 ^h 15 HBX BOXING (45') ^R	9 ^h 30 PILATES FLOW (45') ^R
10 ^h 15 HATHA YOGA & RELAXATION SONORE (60') ^R	10 ^h 00 BODY BALANCE (60')	10 ^h 30 YOGA & PRANAYAMA (60') ^R	10 ^h 15 DEEP STRETCH (45')	10 ^h 00 BODY SCULPT (45')	10 ^h 15 BODY PUMP (60')	10 ^h 15 CORE 360 (45')
12 ^h 00 TRAINING LAB (30') ^R		11 ^h 30 ATELIER YOGA (30') ^R			11 ^h 15 ABDOS, FESSIERS, DOS (30')	11 ^h 00 BODY BALANCE (45') ^R
12 ^h 30 BODY PUMP (45')	12 ^h 30 ^R HYROX (45')	12 ^h 30 CORE 360 (30')	12 ^h 30 ^R FESSIERS D'ACIER (30')	12 ^h 30 ^R CROSS TRAINING BURN (45')	12 ^h 30 YOGA VINYASA (45')	12 ^h 30 PILATES FLOW (45') ^R
	13 ^h 00 DEEP STRETCH (30')	13 ^h 00 ABDOS EN BÉTON (30')			11 ^h 45 DEEP STRETCH (30')	
					14 ^h 00 KRAV SELF DÉFENSE (60') (1 ^{ERS} ET 3 ^{ÈMES} DU MOIS) ^R	
18 ^h 00 HBX BOXING (45') ^R					17 ^h 00 CORE 360 (60')	
18 ^h 50 BODY PUMP (45')	18 ^h 15 YOGA VINYASA (60') ^R	18 ^h 00 CORE 360 (45')	18 ^h 00 BODY PUMP <i>HEAVY</i> (45') ^R	18 ^h 00 CORE 360 (45')	18 ^h 00 DEEP STRETCH FLOW (60') ^R	
19 ^h 00 RUNNING SESSION (60') ^R	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 GAINAGE & FESSIERS (30')	19 ^h 30 HYROX (45') ^R	19 ^h 30 BODY ATTACK (45')	19 ^h 30 HBX BOXING (45') ^R	19 ^h 30 BODY BALANCE FLOW (60') ^R		
20 ^h 15 ^R PILATES FLOW (45')	20 ^h 15 ^R CROSS TRAINING (45')	20 ^h 15 BODY PUMP (45')	20 ^h 15 TRX BURN (45') ^R	20 ^h 15 ^R HYROX (45')	20 ^h 15 YIN YOGA (60')	

● RENFORCEMENT MUSCULAIRE

● EFFORT CARDIO-VASCULAIRE

● RELAXATION, BIEN-ÊTRE

● DANSE

Ⓡ RÉSERVATION OBLIGATOIRE

□ LE NUAGE ESSENTIEL

■ XPÉRIENCE FLOW

■ XPÉRIENCE BURN

■ XPÉRIENCE UNLIMITED