# PLANNING FITNESS 26/27

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 9H15<br>CORE 360<br>(45') | 9H15<br>PILATES<br>(45') | 9H15<br>HBX BOXING<br>(45') | 9H15<br>BODY PUMP<br>(45') | 9H15<br>DEEP STRETCH FLOW<br>(45') | 9H15<br>HBX BOXING<br>(45') | 9H30<br>PILATES FLOW<br>(45') |
| 10H15<br>HATHA YOGA & RELAXATION SONORE<br>(60') | 10H00<br>BODY BALANCE<br>(60') | 10H30<br>YOGA & PRANAYAMA<br>(60') | 10H15<br>DEEP STRETCH<br>(45') | 10H00<br>BODY SCULPT<br>(45') | 10H15<br>BODY PUMP<br>(60') | 10H15<br>CORE 360<br>(45') |
| 12H00<br>TRAINING LAB<br>(30') | | 11H30<br>ATELIER YOGA<br>(30') | | | 11H15<br>ABDOS, FESSIERS, DOS<br>(30') | 11H00<br>BODY BALANCE<br>(45') |
| 12H30<br>BODY PUMP<br>(45') | 12H30<br>HYROX<br>(45')<br>12H30<br>CORE 360<br>(30') | 12H30<br>FESSIERS D'ACIER<br>(30') | 12H30<br>CROSS TRAINING BURN (45')<br>12H30<br>YOGA VINYASA<br>(45') | 12H30<br>PILATES FLOW<br>(45') | 11H45<br>DEEP STRETCH<br>(30') | |
| | 13H00<br>DEEP STRETCH<br>(30') | 13H00<br>ABDOS EN BÉTON<br>(30') | | | 14H00<br>KRAV SELF DÉFENSE (60')<br>(1ERS ET 3ÈMES DU MOIS) | |
| 18H00<br>HBX BOXING<br>(45') | | | | | 17H00<br>CORE 360<br>(60') | |
| 18H50<br>BODY PUMP<br>(45') | 18H15<br>YOGA VINYASA<br>(60') | 18H00<br>CORE 360<br>(45') | 18H00<br>BODY PUMP *HEAVY*<br>(45') | 18H00<br>CORE 360<br>(45') | 18H00<br>DEEP STRETCH FLOW<br>(60') | |
| 19H00<br>RUNNING SESSION<br>(60') | 19H15<br>BODY JAM<br>(45') | 18H45<br>ZUMBA<br>(45') | 18H45<br>BODY COMBAT<br>(45') | 18H45<br>BODY ATTACK<br>(45') | | |
| 19H40<br>BODY COMBAT<br>(30') | 19H30<br>HYROX<br>(45') | 19H30<br>BODY ATTACK<br>(45') | 19H30<br>HBX BOXING<br>(45') | 19H30<br>BODY BALANCE FLOW<br>(60') | | |
| 20H15<br>PILATES FLOW<br>(45')<br>20H15<br>CROSS TRAINING<br>(45') | 20H15<br>BODY PUMP<br>(45') | 20H15<br>TRX BURN<br>(45') | 20H15<br>HYROX<br>(45')<br>20H15<br>YIN YOGA<br>(60') | | | |

- RENFORCEMENT MUSCULAIRE
- EFFORT CARDIO-VASCULAIRE
- RELAXATION, BIEN-ÊTRE
- DANSE
- RÉSERVATION OBLIGATOIRE
- LE NUAGE ESSENTIEL
- XPÉRIENCE FLOW
- XPÉRIENCE BURN
- XPÉRIENCE UNLIMITED