

PLANNING FITNESS 26/27

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE	
9 ^h 15 CORE 360 (45')	9 ^h 15 PILATES (45')	9 ^h 15 HBX BOXING (45')	9 ^h 15 BODY PUMP (45')	9 ^h 15 DEEP STRETCH FLOW (45')	9 ^h 15 HBX BOXING (45')	9 ^h 30 PILATES FLOW (45')	
10 ^h 15 HATHA YOGA & RELAXATION SONORE (60')	10 ^h 00 BODY BALANCE (60')	10 ^h 30 YOGA & PRANAYAMA (60')	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')		11 ^h 30 ATELIER YOGA (30')			11 ^h 15 ABDOS, FESSIERS, DOS (30')	11 ^h 00 BODY BALANCE (45')	
12 ^h 30 BODY PUMP (45')	12 ^h 30 HYROX (45')	12 ^h 30 CORE 360 (30')	12 ^h 30 FESSIERS D'ACIER (30')	12 ^h 30 CROSS TRAINING BURN (45')	12 ^h 30 YOGA VINYASA (45')	12 ^h 30 PILATES FLOW (45')	11 ^h 45 DEEP STRETCH (30')
	13 ^h 00 DEEP STRETCH (30')	13 ^h 00 ABDOS EN BÉTON (30')				14 ^h 00 KRAV SELF DÉFENSE (60') (1 ^{ERS} ET 3 ^{EMES} DU MOIS)	
18 ^h 00 HBX BOXING (45')					17 ^h 00 CORE 360 (60')		
18 ^h 50 BODY PUMP (45')	18 ^h 15 YOGA VINYASA (60')	18 ^h 00 CORE 360 (45')	18 ^h 00 BODY PUMP <i>HEAVY</i> (45')	18 ^h 00 CORE 360 (45')	18 ^h 00 DEEP STRETCH FLOW (60')		
19 ^h 00 RUNNING SESSION (60')	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')	19 ^h 30 BODY ATTACK (45')	19 ^h 30 HBX BOXING (45')	19 ^h 30 BODY BALANCE FLOW (60')	● RENFORCEMENT MUSCULAIRE ● EFFORT CARDIO-VASCULAIRE ● RELAXATION, BIEN-ÊTRE ● DANSE Ⓡ RÉSERVATION OBLIGATOIRE □ LE NUAGE ESSENTIEL ■ XPÉRIENCE FLOW ■ XPÉRIENCE BURN ■ XPÉRIENCE UNLIMITED		
20 ^h 15 PILATES FLOW (45')	20 ^h 15 CROSS TRAINING (45')	20 ^h 15 BODY PUMP (45')	20 ^h 15 TRX BURN (45')	20 ^h 15 HYROX (45')			20 ^h 15 YIN YOGA (60')