

PLANNING 2022



Horaires d'ouverture de la
salle :

ACCES LIBRE :
6h-23h 7/7

ACCUEIL ET SURVEILLANCE :

Lundi au jeudi :
9h30 - 20h00

Vendredi :
9h30 - 19h30

Samedi :
9h00-12h00

cours sur réservation via Clubconnect

LUNDI		
FITNESS	TRAINING	ÉTAGE
10.00/10.45 BODY SCULPT		
12.15/12.45 100% ABDOS	12.15/12.45 TRX	
12.45/13.30 DECA BIKE	12.45/13.30 WOD TRAINING	
17.30/18.30 LES MILLS RPM	17.30/18.15 CROSS TRAINING	17.30/18.15 SENSITIVE GYM
18.30/19.15 LES MILLS BODYPUMP	18.15/19.15 WOD TRAINING	18.15/19.15 FLEX & FIT
19.15/20.00 LES MILLS BODYCOMBAT	19.15/20.00 CROSS TRAINING	19.15/19.45 TABATA A.
20.00/21.00 FIT BOXE		

MARDI		
FITNESS	TRAINING	ÉTAGE
	10.00/10.45 MOVE & TRX	
12.15/12.45 BODY S.		
12.45/13.30 LES MILLS BODYCOMBAT	12.45/13.30 CROSS TRAINING	
17.30/18.00 BODY S.	17.45/18.30 CROSS TRAINING	
18.00/18.30 A.F.		18.15/19.00 PILATES
18.30/19.30 FIT BOXE	18.30/19.00 TRX	19.00/20.00 YOGA
19.30/20.30 LES MILLS RPM	19.00/19.30 TABATA AF	

MERCREDI

JEUDI

VENDREDI

SAMEDI

FITNESS	TRAINING	ÉTAGE	FITNESS	TRAINING	ÉTAGE	FITNESS	TRAINING	ÉTAGE	FITNESS	TRAINING	ÉTAGE
	12.15/12.45 TABATA		12.15/12.45 A.F.			12.15/13.30 FIT BOXE			9.30/10.30 LES MILLS RPM		
12.45/13.30 LES MILLS RPM	12.45/13.30 WOD TRAINING Libre		12.45/13.30 LES MILLS BODYPUMP						10.30/11.15 LES MILLS BODYPUMP		
	17.30/18.00 TABATA			17.45/18.30 TRX	17.45/18.30 PILATES	17.30/18.00 BODY S.				11.15/12.00 CROSS TRAINING	
18.00/18.45 LES MILLS BODYPUMP	18.00/19.00 FLEX & FIT			18.30/19.15 WOD TRAINING	18.30/19.30 YOGA	18.00/18.30 A.F.					
18.45/19.15 A.F.	18.30/19.15 CROSS TRAINING		18.30/19.15 LES MILLS BODYCOMBAT	18.30/19.15 WOD TRAINING		18.30/19.00 STRETCHING					
19.15/20.00 LES MILLS SH'BAM	19.15/20.00 WOD TRAINING		19.15/20.00 DECA BIKE	19.15/20.00 CROSS TRAINING							
			20.00/21.00 FIT BOXE								

CROSS KIDS
Le Samedi
10h15 - 11h15 6 - 9 ans
11h15 - 12h15 10 - 13 ans