

LUNDI

9H15
9H30 **WOD**
BODYBALANCE

10H30
TRAINING

12H30
BODYPUMP
12H45 **HBX BOXING**

14H
ATELIER MIEUX ETRE

17H30
PILATES
17H45 **WOD**
18H30
BODYPUMP
18H45 **WOD**
19H30
STRONG NATION
19H45 **HBX BOXING**

MARDI

10H30
BODYBALANCE

12H30
BODYBALANCE
12H45 **WOD**

17H45
LIA/STEP
18H **WOD**
18H45
BODYBALANCE
19H **HBX BOXING**
19H45
ZUMBA
20H **HBX BOXING**

MERCREDI

10H30
TRAINING
YOGA KIDS

11H30
YOGA

12H30
YOGA RESTAURATIF

15H30
CROSS TRAINING

17H45
BODYPUMP
17H45 **AIR YOGALATES**
18H45
PORT DE BRAS
18H45 **MOBILITY & STRETCH**
19H45
ZUMBA
20H **HBX BOXING**

JEUDI

9H15
9H30 **WOD**
PILATES

12H30
HIIT

17H30
BODYBALANCE
18H30
HIIT
18H45 **HBX BOXING**
19H30
BODYPUMP
19H45 **HBX BOXING**

VENDREDI

10H30
TRAINING

12H30
TRAINING
12H45 **HBX BOXING**

17H30 **WOD**
18H30
YOGA



SAMEDI

10H
TRAINING
11H15
STREET DANCE

LES DIMANCHES
(VOIR NOTRE
PROGRAMME D'ÉVÈNEMENTS)

1ER DIMANCHE DU MOIS

10H30
URBAN TRAINING

PREMIUM
ALL INCLUSIVE
CARTES
COURS ENFANTS