

# LUNDI

9H15  
9H30 **WOD**  
**BODYBALANCE**

10H30  
**TRAINING**

12H30  
**BODYPUMP**  
12H45 **HBX BOXING**

14H30  
**PILATES**

17H30  
**PILATES**  
17H45 **WOD**

18H30  
**BODYPUMP**  
18H45 **WOD**  
19H **AQUAFITNESS**

19H30  
**STRONG NATION**  
19H45 **HBX BOXING**

# MARDI

10H30  
**BODYBALANCE**  
10H30 **AQUAFITNESS**

12H30  
**BODYBALANCE**  
12H45 **WOD**

17H45  
**LIA/STEP**  
18H **WOD**

18H45  
**BODYBALANCE**  
19H **HBX BOXING**

19H45  
**ZUMBA**  
20H **HBX BOXING**

# MERCREDI

10H30  
**TRAINING**

11H30  
**YOGA**

12H30  
**YOGA RESTAURATIF**

15H30  
**CROSS TRAINING KIDS**

16H45 **AIR YOGALATES**  
17H45  
**BODYPUMP**

17H45 **TRX MOVE**  
18H45  
**PORT DE BRAS**

18H45 **TRX MOVE**  
19H45  
**ZUMBA**

19H45 **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**

**LES DIMANCHES**  
(VOIR NOTRE PROGRAMME D'ÉVÈNEMENTS)

# 1ER DIMANCHE DU MOIS

10H30  
**URBAN TRAINING**

**PREMIUM**  
**ALL INCLUSIVE**  
**CARTES**  
**KIDS**