

LUNDI

9H30
BODYBALANCE

9H45 **WOD**

10H30
TRAINING

11H30
BODYBALANCE

12H30
BODYPUMP
12H45 **HBX BOXING**

14H
BODYCOMBAT

14H45
BODYPUMP

16H
BODYBALANCE

17H30
PILATES

18H30
BODYPUMP
18H45 **WOD**

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

MARDI

9H30
BODYPUMP

10H30
BODYBALANCE

11H30
BODYCOMBAT

12H30
BODYBALANCE
12H45 **WOD**

14H
BODYPUMP

14H45
BODYBALANCE

16H
BODYCOMBAT

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

18H45
BODYBALANCE
19H **HBX BOXING**

19H45
ZUMBA
20H **HBX BOXING**

MERCREDI

10H30
TRAINING
YOGA KIDS

11H30
YOGA

12H30
STRONG NATION

13H15
EVEIL À LA DANSE

14H15
ZUMBA KIDS

15H30
CROSS TRAINING

17H45
BODYPUMP
18H **AIR YOGALATES**

18H45
PORT DE BRAS
19H **AIR YOGALATES**

19H45
ZUMBA

JEUDI

9H30
PILATES
9H45 **WOD**

10H30
BODYBALANCE

11H30
BODYPUMP

12H30
SOPHROLOGIE

17H30
TRAINING

18H30
STRONG NATION
18H45 **HBX BOXING**

19H30
BODYPUMP
19H45 **HBX BOXING**

20H30
SALSA

21H30
BACHATA

VENDREDI

9H30
BODYBALANCE

10H30
BODYPUMP

11H30
BODYBALANCE

12H30
TRAINING
12H45 **HBX BOXING**

14H
BODYBALANCE

14H45
BODYPUMP

16H
BODYCOMBAT

17H
BODYPUMP

18H15
YOGA



SAMEDI

10H
TRAINING

11H15
STREET DANCE

LES DIMANCHES

(VOIR NOTRE PROGRAMME D'ÉVÈNEMENTS)

1ER DIMANCHE DU MOIS

10H30
URBAN TRAINING

CINÉMA PREMIUM ALL INCLUSIVE