

| | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|-------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-----------------------------------|------------------------------------|
| 8.00 | | | | | 8.00 Yoga Studio 3 | | |
| | 8.30 Aqua Training Piscine | 8.30 Aqua Balance Piscine | 8.00 Body Sculpt Studio 1 | 8.30 Aqua Training Piscine | 8.30 Aqua Cycling Piscine | | |
| 9.00 | 9.00 Body Sculpt Studio 1 | 9.00 TBC Studio 1 | 9.00 Body Attack Studio 1 | 9.00 Pilates Studio 1 | 9.00 Body Pump Studio 1 | 9.30 Yoga Studio 1 | 9.30 Yoga/Body Balance Studio 1 |
| | 9.00 RPM Studio 2 | 9.00 Pilates Studio 3 | 9.00 Gym dos Studio 3 | 9.30 Aqua Zumba Piscine | 9.00 Stretching Studio 3 | | |
| | 9.30 Aqua Balance Piscine | | 9.30 Aqua Sculpt Piscine | | 9.30 Aqua Training Piscine | | |
| 10.00 | 10.00 Body Balance Studio 1 | 10.00 Yoga Studio 1 | 10.00 Body Jam Studio 1 | 10.00 CXWorx Studio 1 | 10.00 TBC Studio 1 | 10.00 Aqua Training Piscine | 10.00 Aqua Sculpt Piscine |
| | 10.30 Stretching Studio 3 | 10.30 Aqua Balance Piscine | 10.00 Pilates Studio 3 | 10.00 Tai Chi Studio 3 | 10.00 Body Balance Studio 3 | 10.30 BodyPump/Sculpt Studio 1 | 10.30 BodyPump/Sculpt Studio 1 |
| | | | 10.30 Aqua Jump Piscine | 10.30 Gym dos Studio 1 | 10.30 Aqua Jump Piscine | | |
| 11.00 | | | | | | 11.00 Aqua Cycling Piscine | 11.00 Aqua Cycling Piscine |
| | | | | | | 11.30 Bike Studio 2 | 11.30 Bike Studio 2 |
| 12.00 | 12.15 Yoga Studio 1 | 12.15 Body Pump Studio 1 | 12.15 Body Pump Studio 1 | 12.15 Body Combat Studio 3 | 12.15 Abdos 30' Studio 1 | | |
| | 12.15 Bike Studio 2 | 12.15 Bike Studio 2 | 12.15 RPM Studio 2 | 12.15 RPM Studio 2 | 12.15 Bike Studio 2 | | |
| | 12.15 Zumba Studio 3 | 12.15 Pilates Studio 3 | 12.30 Aqua Cycling Piscine | 12.15 Body Balance Studio 1 | | | |
| | | 12.30 Aqua Training Piscine | | 12.30 Aqua Sculpt Piscine | | | |
| 14.00 | 14.30 Aqua Cycling Piscine | | 14.30 Aqua Balance Piscine | 14.30 Aqua Training Piscine | 14.30 Aqua Dynamic Piscine | | |
| | 14.30 Tai Chi Studio 3 | | 14.30 Yoga Studio 1 | | | | |
| 17.00 | 17.00 Aqua Dynamic Piscine | 17.30 Body Pump Studio 1 | 17.30 Zumba Studio 1 | | 17.30 Zumba Studio 3 | | |
| | 17.30 Zumba Studio 1 | | | | | | |
| | 17.30 CxWorx Studio 3 | | | | | | |
| 18.00 | 18.00 Aqua Jump Piscine | 18.30 Dancefit Studio 1 | 18.30 CXWorx Studio 1 | 18.00 CXWorx Studio 1 | 18.00 Paddle Fit Piscine | | |
| | 18.30 Body Sculpt Studio 1 | 18.30 Bike Studio 2 | 18.30 Bike Studio 2 | 18.30 CAF Studio 1 | 18.30 Body Pump Studio 1 | | |
| | 18.30 Body Jam Studio 3 | 18.30 Pilates Studio 3 | 18.30 Body Balance Studio 3 | 18.30 Bike Studio 2 | | | |
| 19.00 | 19.00 Aqua Training Piscine | 19.00 Aqua Cycling Piscine | 19.00 Body Attack Studio 1 | 19.00 Aqua Dynamic Piscine | | | |
| | 19.30 Body Pump Studio 1 | 19.30 Body Combat Studio 1 | 19.30 Pilates Studio 3 | 19.00 Yoga Studio 3 | 19.30 Body Attack Studio 1 | | |
| | 19.30 Bike Studio 2 | 19.30 Yoga Studio 3 | | 19.30 Zumba Studio 1 | | | |
| | 19.30 Pilates Studio 3 | | | | | | |
| 20.00 | | 20.00 Paddle Fit Piscine | | | | | |



Des modifications sans préavis sont possible à tout moment.

Merci de respecter les horaires de début de cours