

# Planning des cours collectifs 2019 - 2020

	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 TBC / Body Sculpt 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 Interval Piscine				
		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	 <p>Des modifications sans préavis sont possible à tout moment.</p> <p>Merci de respecter les horaires de début de cours</p>			
	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 Interval 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		19.00 Yoga Studio 3	19.30 Body Attack Studio 1				
	19.30 Bike Studio 2	19.30 Yoga Studio 3	19.30 Pilates Studio 3	19.30 Zumba Studio 1					
	19.30 Pilates Studio 3								
20.00		20.00 Paddle Fit Piscine							