

MATIN

MIDI

SOIR

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	<p>9H45 – 10H45 Pilates </p> <p>10H45 – 11H45 Renforcement </p>	<p>9H45 – 10H30 Cardio Training </p> <p>10H35 – 11H35 Renforcement </p> <p>11H40 – 12H10 Stretching </p>	<p>9H45 – 11H00 Yoga </p>	<p>9H45 – 10H45 Postural Ball </p> <p>10H45 – 11H30 Stretching </p>	<p>9H45 – 10H30 Renforcement </p> <p>10H30 – 11H30 Pilates </p>	<p>9H30 – 10H30 West Running </p> <p>10H00 – 11H00 Renforcement </p> <p>10H00 – 11H00 Circuit Training </p>	<p>10H15 – 11H00 Kids Training </p> <p>10H30 – 12H30 Stages</p> <p>11H00 – 11H40 HIIT Elliptique </p>
MIDI	<p>12H15 – 12H45 Abdos Fessiers </p> <p>12H30 – 13H20 HIIT Training </p> <p>12H45 – 13H15 HIIT Biking </p>	<p>12H15 – 13H15 Yoga </p> <p>12H30 – 13H20 TRX </p>	<p>12H15 – 13H00 Biking </p> <p>12H30 – 13H20 Abdos Fessiers </p>	<p>12H15 – 13H15 Yoga </p> <p>12H30 – 13H20 HIIT Training </p>	<p>12H15 – 12H45 Abdos Fessiers </p> <p>12H30 – 13H20 Cross Training </p> <p>12H45 – 13H15 HIIT Biking </p>	<p>11H00 – 12H00 Kids Training </p> <p>11H05 – 12H00 </p> <p>12H05 – 13H00 Pilates </p>	<p>11H00 – 12H00 Circuit Training </p> <p>12H00 – 13H00 Circuit Training </p>
SOIR	<p>18H30 – 19H25 BodyBarre </p> <p>18H30 – 19H30 Cross Training </p> <p>19H35 – 20H30 Postural Ball </p> <p>19H35 – 20H20 Biking </p>	<p>18H30 – 19H00 Abdos Fessiers </p> <p>18H30 – 19H00 HIIT Biking </p> <p>19H00 – 19H45 BodyBarre </p> <p>19H10 – 20H00 TRX </p> <p>19H45 – 20H30 </p> <p>20H35 – 21H50 Yoga </p>	<p>18H30 – 19H15 Cardio Training </p> <p>18H30 – 19H15 Cross Training </p> <p>18H30 – 19H10 HIIT Elliptique </p> <p>19H15 – 20H00 HIIT Elliptique </p> <p>19H20 – 20H15 BodyBarre </p> <p>19H30 – 20H30 West Running </p> <p>20H20 – 21H00 HIIT Biking </p>	<p>18H30 – 19H30 Renforcement </p> <p>18H30 – 19H10 HIIT Elliptique </p> <p>19H15 – 20H00 HIIT Elliptique </p> <p>19H30 – 20H00 Abdos Fessiers </p> <p>20H00 – 20H45 Stretching </p>	<p>18H30 – 19H30 Pilates </p> <p>19H35 – 20H15 HIIT Biking </p> <p>19H35 – 20H50 Yoga </p> <p>20H20 – 21H00 TRX </p>	<p>13H05 – 14H00 Yoga </p> <p>16H00 – 17H00 Step </p>	

PLANNING PDF



Planning à partir du 7 janvier 2026  
sujet à modifications sans préavis