

STUDIO CLASS TIMETABLE

DU | FROM 02/04/2018 AU | UNTIL 01/07/2018



LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
07.30-08.00 Core Conditioning Trainer, Functional	07.30-08.30 Cycling Vincent, Cycling	07.30-08.15 Power Yoga Elena, Zen	07.30-08.00 Core Conditioning Trainer, Functional	07.30-08.20 FUNCTIONAL Circuit Trainer, Functional	09.15-10.15 BODYPUMP™ Chady, Energy	09.45-11.00 Vinyasa Flow ++ Anna, Zen
07.30-08.15 AquaBIKE BomBom, Pool	NEW ^{www} 07.45-08.00 CoreXpress Trainer, Functional	07.45-08.00 CoreXpress Trainer, Functional	07.30-08.15 AquaFit Xavier, Pool	07.30-08.30 Cycling Serge, Cycling	^{www} 09.30-11.00 Stretching / Yoga ++ Eric, Zen	11.00-12.00 BODYPUMP™ Joe, Energy
10.30-11.15 AquaFit Geny, Pool	10.30-11.30 Pilates + Frankie, Zen	07.45-08.30 BODYPUMP™ Express Aurélie, Energy	10.00-11.00 Zumba Gold® + Garance, Energy	10.00-10.45 Fit Mums Trainer, Energy	10.30-11.00 CXWORX™ Sylvia, Energy	11.00-12.00 LES MILLS TONE™ Olivier G, Zen
10.30-11.20 FUNCTIONAL Mobility Trainer, Functional	11.30-12.15 AquaBIKE Trainer, Pool	NEW ^{www} 10.30-11.15 AquaFit Xavier, Pool	11.00-11.45 Swissball Nicoletta, Zen	10.30-11.30 Stretching Florent, Zen	11.00-12.00 BODYPUMP™ Sylvia, Energy	12.00-12.30 CXWORX™ Olivier G, Zen
12.00-12.30 Meditation Fiona, Zen	12.15-12.45 CXWORX™ David, Energy	12.20-13.10 Cycling Cindy, Cycling	^{www} 12.30-13.15 LES MILLS TONE™ Sylvia, Energy	12.30-13.15 Hatha Yoga + Elena, Zen	11.00-12.30 Tai-Chi Thierry, Zen	12.15-13.15 BODYATTACK™ Joe, Energy
12.15-12.55 WATFIT® Trainer, Pool	12.15-13.00 Aerial Yoga ++ Anna, Zen	12.30-13.15 TRX® +++ Santo, Zen	12.30-13.15 Swissball Pilates Sophie, Zen	12.30-13.30 BODYPUMP™ Anis, Energy	11.15-12.45 Cycling Jean-Philippe, Cycling	12.30-13.30 Cycling Jérôme, Cycling
12.20-13.10 Cycling Isabelle, Cycling	^{www} 12.45-13.30 BODYATTACK™ David, Energy	12.30-13.15 SH'BAM™ Lucia, Energy	12.30-13.15 AquaFit Joëlle, Pool	12.45-13.45 Cycling Isabelle, Cycling	^{www} 12.10-13.00 SH'BAM™ Farah, Energy	13.00-14.00 Ballet + Jean-Luc, Zen
12.30-13.30 Kundalini Yoga Fiona, Zen	12.45-13.30 AquaFit Christine, Pool	12.30-13.15 AcquaPole® Christine, Pool	12.45-13.35 FUNCTIONAL Circuit Trainer, Functional	13.00-13.15 CoreXpress Trainer, Functional	12.30-12.45 CoreXpress Trainer, Functional	14.00-15.00 Stretch & Tone™ Jean-Luc, Zen
12.30-13.30 BODYPUMP™ Samir, Energy	12.45-13.35 FUNCTIONAL Strength Trainer, Functional	13.00-13.15 CoreXpress Trainer, Functional	12.45-13.45 Cycling Jean-Philippe, Cycling	^{www} 13.15-14.00 Hatha Yoga ++ Elena, Zen	12.30-13.15 AQUAWORK™ Xavier, Pool	15.00-15.50 FUNCTIONAL Circuit Trainer, Functional
13.00-13.15 CoreXpress Trainer, Functional	12.45-13.45 Cycling Jérôme, Cycling	^{www} 13.15-14.00 Cycling Cindy, Cycling	14+ ^{www} 13.15-14.00 Pilates ++ Sophie, Zen	13.35-14.20 Pilates ++ Sophie, Energy	12.30-13.30 Stretching David S, Zen	15.00-16.00 Ballet ++ Jean-Luc, Zen
13.00-13.45 AQUAWORK™ Xavier, Pool	13.00-14.00 Ashtanga Yoga Ramona, Zen	13.15-14.15 Ballet ++ Jean-Luc, Zen	13.25-14.10 AquaBIKE Joëlle, Pool	NEW ^{www} 17.30-18.00 CXWORX™ Olivier G, Energy	13.30-14.15 AquaBIKE Xavier, Pool	16.00-16.45 AquaFit Joëlle, Pool
13.15-14.00 Cycling Isabelle, Cycling	^{www} 13.35-14.20 BODYPUMP™ Express Chady, Energy	13.20-14.05 Pilates ++ Serge, Energy	14.00-14.30 Foam Roller Sophie, Zen	18.00-18.45 SH'BAM™ Olivier G, Energy	13.30-14.30 Aero Flex™ Cindy P, Zen	16.00-17.00 Mind & Body Ninette, Zen
13.30-14.15 Zumba® Guillermo, Zen	13.40-14.25 AquaBIKE Trainer, Pool	NEW ^{www} 13.20-14.05 AquaFit Christine, Pool	17.30-18.00 TRX® + Trainer, Zen	18.00-19.00 Pilates + Gea, Zen	15.00-16.00 Pilates + Nicoletta, Zen	16.45-17.30 AquaBIKE Joëlle, Pool
13.35-14.20 Pilates ++ Chris, Energy	18.00-19.00 LES MILLS TONE™ Olivier G, Energy	17.00-18.00 Stretching / Yoga ++ Eric, Zen	18.00-19.00 BODYPUMP™ Santo, Energy	18.30-19.20 FUNCTIONAL Circuit Trainer, Functional	16.00-16.45 AquaFit Christine, Pool	17.00-18.00 Cycling Anco, Cycling
18.00-19.00 LBT David B, Zen	18.00-19.00 Zumba® Nastasia, Zen	17.30-18.00 CXWORX™ Samir, Energy	18.00-19.00 TRX® Nathalie, Zen	18.30-19.30 Cycling Vincent, Cycling	^{www} 16.00-17.00 Pilates +++ Nicoletta, Zen	17.00-18.00 Aerial Yoga + Ninette, Zen
18.00-19.00 bodyART Basic® Serge, Energy	18.15-19.00 AquaFit Marie, Pool	18.00-19.00 Stretching / Yoga Eric, Zen	18.15-19.00 AquaBIKE Nicole, Pool	NEW ^{www} 19.00-20.00 TRX® + Chady, Zen	16.45-17.30 AcquaPole® Christine, Pool	17.00-18.00 BODYCOMBAT® Samir, Energy
18.15-19.00 AquaFit Christine, Pool	18.30-19.30 Cycling Bernard, Cycling	^{www} 18.00-19.00 BODYCOMBAT® Samir, Energy	18.30-20.00 Running Attitude Jérôme, Outdoor	19.00-20.00 Trance™ Jean-Luc, Energy	17.00-18.15 Yoga Prenatal Josick, Zen	17.45-18.30 Fit Bumps Aqua Joëlle, Pool
18.30-19.20 FUNCTIONAL Circuit Trainer, Functional	19.00-19.15 CoreXpress Trainer, Functional	18.15-19.00 AquaFit Maud, Pool	18.45-19.45 Cycling Koen, Cycling	^{www} 20.00-21.00 Stretch & Tone Jean-Luc, Zen		
18.30-19.30 Cycling Cindy, Cycling	^{www} 19.00-19.45 AquaFit Marie, Pool	18.45-19.45 Cycling Bernard, Cycling	^{www} 19.00-20.00 Aerial Yoga ++ Elena, Zen			
19.00-19.45 Aqua Step Christine, Pool	19.00-20.00 BODYCOMBAT® Chady, Energy	19.00-19.45 WATFIT® Maud, Pool	19.00-20.00 BODYATTACK™ Santo, Energy			
19.00-20.00 Aero Flex™ David B, Zen	19.00-20.00 Stretch & Tone™ Jean-Luc, Zen	19.00-20.00 BODYPUMP™ Samir, Energy	19.15-20.00 AquaFit Nicole, Pool			
19.00-20.30 bodyART Pure® Serge, Energy	19.30-20.30 Cycling Bernard, Cycling	^{www} 19.00-20.00 Stretching / Yoga +++ Eric, Zen	20.00-20.15 CoreXpress Trainer, Functional			
20.00-21.00 Boxing Workout Moustafa, Zen	20.00-21.00 American Jazz Dance Jean-Luc, Zen	20.00-20.15 CoreXpress Trainer, Functional	20.00-21.00 Boxing Workout Daniel, Zen			
	20.00-21.15 Vinyasa Yoga +++ Anna, Energy	20.00-21.00 Pilates ++ Gea, Zen	20.00-21.15 Hatha Yoga Elena, Energy			
		20.00-21.00 Tango Fabrice, Energy				
		20.00-20.30 Swimming Technique + Ben, Pool				
		20.30-21.15 Swimming Technique ++ Ben, Pool				

Ouverture de la crèche
Crèche is open

^{www} Réservation en ligne
Online booking

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++ Intermédiaire | Intermediate
+++ Avancé | Advanced

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14 ans et plus.
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Réception 1 heure avant le début
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ligne sont reconnaissables grâce à
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To take part in the collective
classes, please collect a token or
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For classes that must be booked
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début de celui-ci.

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Pour plus d'informations:
For more information:

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