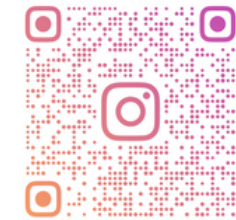


Planning des cours collectifs

À partir du 25/08/2025

Réservation



Instagram



LUNDI

9h15 - 10h

Pilates

10h - 10h45

H-B-G

12h15 - 13h

Pilates

17h15 - 18h

FORCE

18h - 18h45

Mobilité / Stretching

18h45 - 19h30

Cross-Training

19h30 - 20h

H-B-G

MARDI

12h15 - 13h

CARDIO-BOXING

18h - 18h45

Step

18h45 - 19h30

Stretching

MERCREDI

9h15 - 10h

CARDIO-TRAINING

10h - 10h45

Mobilité / Stretching

12h15 - 13h

Pilates

17h15 - 18h

CARDIO-TRAINING

18h - 18h45

H-B-G

18h45 - 19h30

**Cardio-
Dance**

18h45 - 19h30

RUN

19h30 - 20h

Mobilité / Stretching

JEUDI

12h15 - 13h

Cross-Training

18h - 18h45

Pilates

18h45 - 19h30

Yin Yoga

19h30 - 20h

Relaxation

VENDREDI

9h15 - 10h

H-B-G

10h - 10h45

Vinyasa Yoga

12h15 - 13h

Pilates

17h15 - 18h

Mobilité / Stretching

18h - 18h45

Cross-Training

18h45 - 19h30

FORCE

19h30 - 20h

CARDIO-TRAINING