

set®

PLANNING ÉTÉ 2021

LUN.

09:00 | GYM
09:45 | PILATES
12:30 | THE TRIP
12:30 | GYM
17:30 | C.A.F
18:15 | CROSS TRAINING
18:15 | GYM
18:15 | T.R.X
18:15 | RPM
19:00 | CROSS TRAINING
19:15 | BODY ATTACK
19:15 | RPM

MAR.

09:00 | BODY PUMP
10:00 | SPRINT
12:30 | BODY PUMP
17:30 | PILATES
18:15 | BODY JAM
18:15 | THE TRIP
18:15 | T.R.X FTC
19:00 | BODY BALANCE
19:00 | HIIT
19:15 | RPM

MER.

09:00 | BODY SCULPT
09:45 | BODY BALANCE
12:30 | RPM
17:30 | T.B.C
18:15 | C.A.F
18:15 | AERO
18:15 | CROSS TRAINING
18:15 | RPM
19:00 | ZUMBA
19:00 | CROSS TRAINING
19:15 | BODY BOXE

JEU.

09:00 | T.B.C
09:45 | A.F.S
12:30 | SPRINT
12:30 | T.B.C
17:30 | ABDOS
18:15 | STEP
18:15 | BODY BOXE
18:15 | RPM
19:00 | UBOUND
19:00 | GYM
19:15 | THE TRIP

VEN.

09:00 | C.A.F
10:00 | GYM
12:30 | C.T.A.C
17:30 | C.A.F
17:45 | T.R.X FTC
18:00 | RPM
18:15 | ZUMBA
18:30 | BOXING
19:00 | BODY PUMP
19:15 | CROSS TRAINING

SAM.

09:30 | BODY PUMP
10:30 | BODY ATTACK
11:30 | THE TRIP

DIM.

10:00 | GYM
10:45 | BODY BALANCE
11:00 | RPM

STUDIO 1 | BOOTCAMP | CROSS TRAINING | VÉLO



THE TRIP CINEMA

UNE EXPÉRIENCE SPORTIVE ENTIÈREMENT IMMERSIVE

SEMAINE : 09:00 | 11:00 | 15:00 | 17:00 | 20:00

WEEK END : 09:00 | 12:30 | 15:00 | 17:00 | 19:00