



PLANNING

Lun.	I	09:00 - 09:45	I	GYM	I	Studio 1
Lun.	I	09:45 - 10:30	I	PILATES	I	Studio 1
Lun.	I	12:15 - 13:00	I	SKILL BOOST	I	Expérience
Lun.	I	12:30 - 13:15	I	GYM	I	Studio 1
Lun.	I	12:30 - 13:00	I	SPRINT	I	Vélo
Lun.	I	16:45 - 17:30	I	YOGA	I	Studio 1
Lun.	I	17:30 - 18:15	I	TRX	I	Bootcamp
Lun.	I	17:30 - 18:15	I	GYM	I	Studio 1
Lun.	I	18:00 - 18:45	I	YOGA	I	Zen
Lun.	I	18:00 - 19:00	I	RUNNING	I	Running
Lun.	I	18:00 - 18:45	I	SKILL BOOST	I	Expérience
Lun.	I	18:15 - 19:00	I	CROSS TRAINING	I	Cross training
Lun.	I	18:15 - 19:00	I	JUMP	I	Bootcamp
Lun.	I	18:15 - 19:00	I	RPM	I	Vélo
Lun.	I	18:15 - 19:00	I	CAF	I	Studio 1
Lun.	I	19:00 - 19:45	I	CROSS TRAINING	I	Cross training
Lun.	I	19:00 - 19:45	I	BOXING	I	Bootcamp
Lun.	I	19:00 - 19:45	I	SKILL BOOST	I	Expérience
Lun.	I	19:15 - 20:00	I	BODY ATTACK	I	Studio 1
Lun.	I	19:15 - 20:00	I	RPM	I	Vélo
Lun.	I	19:45 - 20:30	I	CROSS TRAINING	I	Cross training

Mar.	I	09:00 - 09:45	I	BODY PUMP	I	Studio 1
Mar.	I	10:00 - 10:45	I	AFS	I	Studio 1
Mar.	I	10:00 - 10:30	I	SPRINT	I	Vélo
Mar.	I	12:30 - 13:15	I	BODY PUMP	I	Studio 1
Mar.	I	12:30 - 13:15	I	RPM	I	Vélo
Mar.	I	16:45 - 17:30	I	GYM	I	Studio 1
Mar.	I	17:30 - 18:00	I	ABDOS 30	I	Studio 1
Mar.	I	18:00 - 18:45	I	PILATES	I	Bootcamp
Mar.	I	18:00 - 19:00	I	BODY PUMP	I	Studio 1
Mar.	I	18:15 - 19:00	I	SKILL BLAST	I	Expérience
Mar.	I	18:15 - 18:30	I	THE TRIP	I	Vélo
Mar.	I	19:00 - 19:45	I	ZUMBA	I	Studio 1
Mar.	I	19:00 - 19:45	I	TRX	I	Bootcamp
Mar.	I	19:00 - 19:45	I	SKILL BOOST	I	Expérience
Mar.	I	19:15 - 20:00	I	RPM	I	Vélo
Mar.	I	20:00 - 20:45	I	BODYBALANCE	I	Studio 1

Mer.	I	09:00 - 09:45	I	BODY SCULPT	I	Studio 1
Mer.	I	09:45 - 10:30	I	BODY BALANCE	I	Studio 1
Mer.	I	12:15 - 13:00	I	SKILL BOOST	I	Expérience
Mer.	I	12:30 - 13:15	I	RPM	I	Vélo
Mer.	I	12:30 - 13:15	I	CROSS TRAINING	I	Cross training
Mer.	I	16:30 - 17:15	I	YOGA	I	Bootcamp
Mer.	I	17:15 - 18:00	I	RPM	I	Vélo
Mer.	I	17:30 - 18:15	I	T.B.C	I	Studio 1
Mer.	I	18:15 - 19:00	I	CROSS TRAINING	I	Cross training
Mer.	I	18:15 - 19:00	I	TRX	I	Bootcamp
Mer.	I	18:15 - 19:00	I	THE TRIP	I	Vélo
Mer.	I	18:15 - 19:00	I	STRETCHING	I	Studio 1
Mer.	I	18:15 - 19:00	I	AERO	I	Zen
Mer.	I	18:30 - 19:15	I	SKILL BOOST	I	Expérience
Mer.	I	19:00 - 19:45	I	ZUMBA	I	Studio 1
Mer.	I	19:00 - 19:45	I	CROSS TRAINING	I	Cross training
Mer.	I	19:00 - 19:45	I	JUMP	I	Bootcamp
Mer.	I	19:00 - 19:40	I	A.F.S	I	Zen
Mer.	I	19:00 - 20:00	I	RUNNING	I	Running
Mer.	I	19:15 - 19:55	I	RPM	I	Vélo
Mer.	I	20:00 - 20:45	I	RPM	I	Vélo

Jeu.	I	09:00 - 09:45	I	T.B.C	I	Studio 1
Jeu.	I	09:45 - 10:30	I	A.F.S	I	Studio 1
Jeu.	I	10:30 - 11:15	I	YOGA	I	Studio 1
Jeu.	I	12:30 - 13:15	I	T.B.C	I	Studio 1
Jeu.	I	12:30 - 13:00	I	THE TRIP	I	Vélo
Jeu.	I	16:45 - 17:30	I	CAF	I	Studio 1
Jeu.	I	17:30 - 18:15	I	BODY SCULPT	I	Studio 1
Jeu.	I	18:00 - 18:45	I	SKILL BOOST	I	Expérience
Jeu.	I	18:15 - 19:00	I	SPRINT	I	Vélo
Jeu.	I	18:15 - 19:00	I	STEP	I	Studio 1
Jeu.	I	18:15 - 19:00	I	BODY BOXE	I	Bootcamp
Jeu.	I	19:00 - 19:45	I	CROSS TRAINING	I	Cross training
Jeu.	I	19:00 - 19:45	I	BODY JAM	I	Studio 1
Jeu.	I	19:00 - 19:45	I	BODY BALANCE	I	Bootcamp
Jeu.	I	19:15 - 19:55	I	RPM	I	Vélo

Ven.	I	09:00 - 09:45	I	C.A.F	I	Studio 1
Ven.	I	09:45 - 10:30	I	BODY BALANCE	I	Studio 1
Ven.	I	12:30 - 13:15	I	C.T.A.C	I	Studio 1
Ven.	I	12:30 - 13:15	I	RPM	I	Vélo
Ven.	I	12:30 - 13:15	I	CROSS TRAINING	I	Cross training
Ven.	I	17:15 - 18:00	I	RPM	I	Vélo
Ven.	I	17:30 - 18:15	I	GYM	I	Studio 1
Ven.	I	17:45 - 18:30	I	SKILL BOOST	I	Expérience
Ven.	I	18:15 - 19:00	I	RPM	I	Vélo
Ven.	I	18:15 - 19:00	I	ZUMBA	I	Studio 1
Ven.	I	18:30 - 19:15	I	BOXING	I	Bootcamp
Ven.	I	19:00 - 19:45	I	BODY PUMP	I	Studio 1
Ven.	I	19:15 - 20:00	I	RPM	I	Vélo
Ven.	I	19:15 - 20:00	I	CROSS TRAINING	I	Cross training

Sam.	I	09:30 - 10:15	I	BODY PUMP	I	Studio 1
Sam.	I	10:15 - 11:00	I	RPM	I	Vélo
Sam.	I	10:30 - 11:15	I	BODY ATTACK	I	Studio 1
Sam.	I	11:30 - 12:10	I	THE TRIP	I	Vélo
Sam.	I	11:30 - 12:15	I	SKILL BOOST	I	Expérience

Dim.	I	10:00 - 10:45	I	RPM	I	Vélo
Dim.	I	10:00 - 10:45	I	GYM	I	Studio 1
Dim.	I	10:45 - 11:30	I	BODY BALANCE	I	Studio 1
Dim.	I	11:00 - 11:45	I	RPM	I	Vélo

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