


















LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 - 10.00 <b>SPINNING</b> Jean-Philippe 	9.00 - 10.00 <b>YOGA</b> <b>SANTE &amp; VITALITE</b> Heath & Vitality Andy	9.00 - 10.00 <b>AQUAGYM</b> Anthony 	9.00 - 10.00 <b>BODYSULPT</b> Anna 	9.00 - 10.00 <b>PILATES</b> Anna	9.00 - 10.00 <b>BODYSULPT</b> Anthony 	09.00 - 10.00 <b>MOBILITE</b> Mobility Anthony
10.00 - 11.00 <b>HATHA YOGA</b> Anna	10.00 - 11.00 <b>YOGA</b> <b>RELAXATION &amp; MEDITATION</b> Andy	10.00 - 11.00 <b>STEP</b> Anthony 	10.00 - 11.00 <b>QI GONG</b> Marie-Elisabeth	10.00 - 10.45 <b>AQUAGYM</b> Anna 	10.00 - 11.00 <b>STRETCHING</b> Anthony	10.00 - 10.45 <b>AQUAGYM</b> Anthony 
11.15 - 12.15 <b>CIRCUIT TRAINING</b> Anna 		11.00 - 12.00 <b>STRETCHING</b> Anthony	11.15 - 12.00 <b>AQUAGYM</b> Anna 	11.00 - 12.00 <b>CIRCUIT TRAINING</b> Anna 		11.00 - 12.00 <b>CIRCUIT TRAINING</b> Anthony 
18.30 - 19.30 <b>SPIN ATHLETE</b> Anthony 	17.30 - 18.30 <b>BURN</b> Anthony 	12.30 - 13.30 <b>SPIN ATHLETE</b> Anthony 	18.00 - 18.45 <b>AQUAGYM</b> Anna 	12.15 - 13.00 <b>STRETCHING</b> Anna		
	18.30 - 19.30 <b>MOBILITE</b> Mobility Anthony	17h30-18.30 <b>BULKING CLUB</b> Anthony 	19.00 - 19.45 <b>SPINNING</b> Anna 			
		18.30 - 19.00 <b>STRETCHING</b> Anthony				

Nos cours durent 50 minutes (ou 45 min pour l'aquagym). Qu'importe votre niveau, vous êtes les bienvenus !

The classes last 50 minutes (or 45 minutes for the aquagym). Anyone is welcome to all our classes! Feel free to join us!

L'équipe du Fitness se réserve le droit de modifier le planning si nécessaire. – This fitness planning can be amended anytime by the fitness team.