

PLANNING D'ÉTÉ JUSQU'AU 23 AOÛT

LUNDI

STUDIO FITNESS	
45'	10h00 Culture physique
45'	17h30 Body barre
45'	18h15 HIIT
45'	19h00 CAF
45'	19h45 Step
60'	20h30 Zumba

STUDIO WELLNESS	
45'	10h45 Pilates (mobilité)
60'	12h30 Yoga (Hatha)
45'	18h15 Pilates
45'	19h00 Yoga (Hatha)

CROSS BOX	
60'	12h30 WOD
60'	18h00 WOD
60'	19h00 HYROX

MARDI

STUDIO FITNESS		STUDIO WELLNESS	
45'	10h00 Culture physique	45'	10h45 Body flow
60'	12h30 Body sculpt	45'	18h15 Yoga (Vinyasa)
45'	17h30 CAF	45'	19h00 Pilates
45'	18h15 Aéroboxe	CROSS BOX	
45'	19h00 Body sculpt		
45'	19h45 HIIT		
60'	20h30 Burning boxe		
		60'	12h30 HYROX
		60'	18h00 HYROX
		60'	19h00 WOD

MERCREDI

STUDIO FITNESS		STUDIO WELLNESS	
45'	10h00 Culture physique	45'	10h45 Yoga (Vinyasa)
60'	12h30 Body barre	45'	18h15 Pilates
45'	17h30 CAF	45'	19h00 Body flow
45'	18h15 Step	CROSS BOX	
45'	19h00 Body barre		
45'	19h45 HIIT		
60'	20h30 Zumba		
		60'	12h30 WOD
		60'	18h00 HYROX
		60'	19h00 TRX

JEUDI

STUDIO FITNESS		STUDIO WELLNESS	
45'	10h00 Culture physique	45'	10h45 Body flow
60'	12h30 Body sculpt	45'	18h15 Body flow
45'	17h30 Body sculpt	45'	19h00 Pilates
45'	18h15 HIIT	CROSS BOX	
45'	19h00 CAF		
45'	19h45 Step		
60'	20h30 Boxe anglaise		
		60'	12h30 HYROX
		60'	18h00 WOD
		60'	19h00 WOD

VENDREDI

STUDIO FITNESS	
45'	10h00 Culture physique
60'	12h30 Body barre
45'	17h30 CAF
45'	19h15 HIIT

STUDIO WELLNESS	
45'	10h45 Pilates
60'	18h00 Yoga (Fly)
45'	19h00 Pilates (Flow)

CROSS BOX	
60'	12h30 WOD
60'	18h00 WOD
60'	19h00 HYROX

SAMEDI

STUDIO FITNESS	
60'	11h00 Body barre
60'	12h00 HIIT
STUDIO WELLNESS	
60'	10h00 Yoga (Hatha)

CROSS BOX	
60'	10h00 TRX
60'	11h00 WOD
60'	12h00 HYROX

DIMANCHE

STUDIO FITNESS	
60'	11h00 Body barre
60'	12h00 Aéroboxe

STUDIO WELLNESS	
60'	10h00 Pilates
60'	11h00 Pilates

CROSS BOX	
60'	10h00 HYROX
60'	11h00 WOD



Renforcement Musculaire



Cardio Training



Boxe & Self Defense



Danse



Etirements & Postures



Small Group Training



Nombre de places limité, réservation obligatoire via l'application.
Réservation possible à partir de midi la veille des cours.