

PLANNING

à partir du 31/08/2026

	LUN 8:00 - 22:00	MAR 7:30 - 22:00	MER 8:00 - 22:00	JEU 7:30 - 22:00	VEN 8:00 - 22:00	SAM 9:00 - 18:00	DIM 9:00 - 17:00
08:00		08:00-08:45 gymtonic 45'		08:00-08:45 LES MILLS RPM 45'			
09:00							
10:00	09:30-10:15 gymtonic 45'	09:00-10:15 hatha yoga 75'	09:30-10:15 caf 45'	09:15-10:15 LES MILLS BODYPUMP 60'	09:30-10:15 gymtonic 45'	10:00-10:45 gymtonic 45'	09:45-10:15 LES MILLS RPM 60'
11:00	10:30-11:30 pilates 60'	10:30-11:15 LES MILLS BODYPUMP 45'	10:30-11:30 pilates 60'	10:30-11:15 stretching 45'	10:30-11:30 hatha yoga 60'		10:30-11:15 aquatonic 45'
12:00	11:30-12:15 TRX FUSION 45'	11:20-11:50 abdo 30'		11:30-12:15 TRX FUSION 45'		11:00-12:00 cours concept 60'	11:15-12:00 LES MILLS RPM 45'
13:00	12:30-13:15 LES MILLS BODYPUMP 45'	12:30-13:15 pilates 45'	12:30-13:15 cross training 45'	12:30-13:15 BOXING 45'	12:30-13:15 LES MILLS BODYPUMP 45'	12:15-13:15 yoga vinyasa 60'	12:15-12:45 stretching 30'
14:00			13:15-13:45 stretching 30'				
15:00						14:00-15:00 LES MILLS BODYPUMP 60'	
16:00						15:15-16:15 LES MILLS RPM 60'	
17:00							
18:00	17:45-18:00 abdo flash 15'	17:45-18:30 LES MILLS RPM 45'		17:45-18:30 pilates 45'			
19:00	18:00-18:45 body sculpt 45'	18:30-19:15 caf 45'	18:30-19:15 LES MILLS BODYPUMP 45'	18:30-19:15 BOXING 45'	18:30-19:45 cross training 75'		
20:00	18:45-19:15 hiit cardio 30'	19:15-20:00 LES MILLS BODYJAM 45'	19:20-20:05 LES MILLS BODYATTACK 45'	19:15-20:00 caf 45'	19:15-19:45 hiit cardio 30'		
21:00	19:15-20:00 ZUMBA 45'	19:20-20:05 BOXING 45'	20:15-21:15 yoga vinyasa 60'	20:00-21:00 LES MILLS BODYJAM 60'	20:00-20:45 pilates 45'		

CAPFIT

FITNESS CLUB

studio FITNESS

studio FONCTIONNEL
studio RPM

studio AQUA