

LUNDI	
07h15	Studio 45' PATRICK ENERGY BLAST *
08h00	Studio 45' CHRISTOPHE BOXE & BAG **
09h00	Arena 45' PATRICK CAF

MARDI	
07h15	Cycling 45' PATRICK ENERGY BLAST *
08h00	Studio 45' MATTHIEU ENERGY BLAST *
09h00	Arena 45' DAOUDA BASIC FORME

MERCREDI	
07h15	Studio 45' MADDY NINA URBAN RACE *
08h00	Studio 30' MADDY NINA ABDOS 6 PACKS *
09h00	Studio 45' SYLVAIN ENERGY BLAST *

JEUDI	
07h15	Studio 45' MATTHIEU ENERGY BLAST *
8h00	Studio 30' CHRISTELLE ACTIVE RECOVERY *
09h00	Arena 60' CHRISTELLE LES MILLS BODYBALANCE

VENDREDI	
07h15	Arena 45' SALMA LES MILLS BODYPUMP
08h00	ARENA 45' DAOUDA POWER SCULPT
08h45	Arena 15' DAOUDA ABDOS EXPRESS
09h00	Arena 60' CHRISTELLE PILATES SCULPT

SAMEDI	
9h30	Arena 60' EVELYNE BARRE AU SOL
10h00	Studio 45' JEAN MICHEL PILATES TRAINING **
10h30	Arena 60' EVELYNE DANSE CLASSIQUE
11h00	Studio 45' JEAN MICHEL PILATES TRAINING **
11h00	Cycling 45' LUCIENNE CYCLING *

DIMANCHE	
09h30	Arena 45' DAOUDA POWER SCULPT
10h00	Studio 30' MILENA GRIT STRENGTH **
10h15	Arena 15' DAOUDA ABDOS EXPRESS
10h30	Studio 30' MILENA ACTIVE RECOVERY *
10h30	Arena 60' STEVEN LES MILLS BODYPUMP
11h00	Cycling 45' MILENA CYCLING *
11h00	Studio 45' ESTELLE ENERGY BLAST *
11h30	arena 60' STEVEN LES MILLS BODYATTACK
12h00	Studio 45' PATRICK BOXE & BAG **
12h30	Cycling 45' ESTELLE CYCLING *
12h45	Arena 30' phil/vincyoan TECHNIQUE POING
13h15	Arena 45' phil/vincyoan LES MILLS BODYCOMBAT
13h30	Studio 45' ESTELLE TRX BLAST *
14h00	Arena 45' DAOUDA STRETCHING
14h30	STUDIO 30' PATRICK ABDOS SIX PACKS *
15h00	Studio 30' STEVEN ACTIVE RECOVERY *
15h30	Arena 60' PATRICK LES MILLS BODYPUMP
16h30	Arena 60' VINCENT LES MILLS BODYBALANCE

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12h15	Arena 60' CHRISTOPHE LES MILLS BODYPUMP
12h30	Studio 30' PATRICK ABDOS 6 PACKS *
13h00	Studio 45' SEBASTIEN TRX TRAINING **
13h15	Arena 30' PATRICK ABDOS FESSIERS
14h00	Arena 60' MORGANE YOGA THERAPIE

12h15	Arena 60' CHRISTELLE LES MILLS BODYBALANCE
12h15	Cycling 45' PATRICK CYCLING *
12h30	Studio 45' MATTHIEU ENERGY BLAST *
13h15	Arena 30' CHRISTELLE ABDOS FESSIERS

12h15	Arena 45' SYLVAIN POWER SCULPT
12h15	Studio 45' CHRISTOPHE BOXE & BAG **
12h30	Cycling 45' MADDY NINA CYCLING *
13h00	Arena 15' SYLVAIN ABDOS EXPRESS
13h15	Arena 60' MADDY NINA STRETCHING
13h15	Studio 45' SEBASTIEN TRX BLAST *

12h15	Arena 45' YOANN LES MILLS BODYPUMP
12h30	Cycling 45' MATTHIEU CYCLING *
13h00	Studio 45' yoann/christel ENERGY BLAST *
13h00	Arena 60' cecilia VINYASA YOGA
14h00	Arena 60' EVELYNE BARRE AU SOL
15h00	Arena 60' EVELYNE DANSE CLASSIQUE
16h30	Arena 90' BRIGITTE MODERN JAZZ

12h15	Arena 45' SALMA BOXE AND ROPE
12h30	Cycling 45' CHRISTELLE CYCLING *
13h00	Arena 45' SEBASTIEN STRETCHING
13h15	Studio 45' ANNULE TRX BLAST *

11h30	Arena 30' HUGO ABDOS FESSIERS
12h00	Cycling 45' VINCENT CYCLING *
12h00	Arena 60' JEAN MICHEL PILATES SCULPT
12h00	Studio 30' HUGO ACTIVE RECOVERY *
12h30	Studio 45' ESTELLE URBAN RACE *
13h00	Arena 60' SALMA LES MILLS BODYPUMP
13h30	Studio 45' YOANN BOXE & BAG **

11h00	Cycling 45' MILENA CYCLING *
11h00	Studio 45' ESTELLE ENERGY BLAST *
11h30	arena 60' STEVEN LES MILLS BODYATTACK
12h00	Studio 45' PATRICK BOXE & BAG **
12h30	Cycling 45' ESTELLE CYCLING *
12h45	Arena 30' phil/vincyoan TECHNIQUE POING
13h15	Arena 45' phil/vincyoan LES MILLS BODYCOMBAT

17h30	Studio 45' LUCIENNE ENERGY BLAST *
18h00	Arena 45' Philippe POWER SCULPT
18h30	Studio 45' STEVEN BOXE & BAG **
19h00	Arena 60' MADDY NINA LES MILLS BODYPUMP
19h00	Cycling 45' alexandre CYCLING *
19h30	Studio 30' STEVEN GRIT STRENGTH **
20h00	Studio 30' ALEXANDRE ACTIVE RECOVERY *
20h00	Cycling 45' vincent CYCLING *
20h00	Arena 60' EVELYNE BARRE AU SOL
20h30	Studio 45' MADDY NINA URBAN RACE *
21h00	Arena 60' EVELYNE DANSE CLASSIQUE
21h30	Studio 30' VINCENT ABDOS 6 PACKS *

17h30	Arena 60' CLAUDIO POWER SCULPT
18h00	Studio 45' VINCENT URBAN RACE *
18h30	Arena 60' CLAUDIO PILATES SCULPT
18h30	Cycling 45' HUGO CYCLING *
19h00	Studio 45' CHRISTOPHE TRX BLAST *
19h30	Arena 60' VINCENT LES MILLS BODYCOMBAT
20h00	Studio 30' HUGO ABDOS 6 PACKS *
20h00	Cycling 45' CHRISTOPHE CYCLING *
20h30	Arena 60' VINCENT LES MILLS BODYPUMP
21h00	Studio 30' CHRISTOPHE GRIT STRENGTH **

17h30	Studio 45' CHARLENE TRX TRAINING **
18h00	Arena 60' FABIEN LES MILLS BODYBALANCE
18h30	Studio 45' PHILIPPE ENERGY BLAST *
19h00	Arena 60' CHARLENE LES MILLS BODYPUMP
19h00	Cycling 45' ALEXANDRE CYCLING *
19h30	Studio 30' XAVIER ABDOS 6 PACKS *
20h00	Arena 60' XAVIER LES MILLS BODYATTACK
20h00	Studio 30' ALEXANDRE ACTIVE RECOVERY *
20h30	Studio 30' CHARLENE GRIT STRENGTH **

18h00	Arena 45' LUCIENNE CAF
18h30	STUDIO 45' PATRICK URBAN RACE *
19h00	Arena 60' MADDY NINA LES MILLS BODYBALANCE
19h30	Studio 30' CHRISTOPHE GRIT STRENGTH **
19h30	Cycling 45' PATRICK CYCLING *
20h00	Arena 45' LUCIENNE POWER SCULPT
20h30	Studio 45' YOANN TRX BLAST *
21h00	Arena 60' CHRISTOPHE LES MILLS BODYPUMP
21h30	Studio 45' PATRICK BOXE & BAG **

17h30	Arena 45' ESTELLE POUND
18h00	STUDIO 30' YOANN/HUGO ABDOS SIX PACKS *
18h30	Arena 60' FRANCOIS LES MILLS BODYPUMP
18h30	Cycling 45' ESTELLE CYCLING *
19h00	Studio 45' YOANN ENERGY BLAST *
19h30	Arena 60' FRANCOIS LES MILLS BODYATTACK
20h00	Studio 30' YOANN ACTIVE RECOVERY *
20h30	Studio 60' MARIE C. SOPHROLOGIE
20h30	Arena 60' MORGANE YOGA THERAPIE

14h00	Arena 60' ESTELLE LES MILLS BODYBALANCE
14h30	Studio 45' YOANN TRX TRAINING **
15h00	Arena 60' ISABELLE HATHA YOGA
15h30	Studio 45' SALMA ENERGY BLAST *
16h30	Arena 90' BRIGITTE MODERN JAZZ
16h30	Studio 45' SALMA TRX BLAST *

13h00	Studio 45' ESTELLE TRX BLAST *
13h30	Arena 45' phil/vincyoan LES MILLS BODYCOMBAT
14h00	Arena 45' DAOUDA STRETCHING
14h30	STUDIO 30' PATRICK ABDOS SIX PACKS *
15h00	Studio 30' STEVEN ACTIVE RECOVERY *
15h30	Arena 60' PATRICK LES MILLS BODYPUMP
16h30	Arena 60' VINCENT LES MILLS BODYBALANCE

NOUVEAU COURS SUR GRANDS BOULEVARDS
ACTIVE RECOVERY
ALLIANT AUTO MASSAGE ET STRETCHING

* Cours à réservation
** Cours à réservation payante (2€)
Renseignement auprès de l'accueil

CE PLANNING SUR VOTRE SMARTPHONE

Horaires d'ouverture
Lundi : 07h - 23h
Mardi - Mercredi : 07h - 22h
Jeudi : 07h - 23h
Vendredi : 07h - 22h
Samedi - Dimanche : 09h - 19h
Fin des activités 30 minutes avant la fermeture du club.