

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

BODY AND MIND ZONE  
10h30-11h00  
**Lift**

BODY AND MIND ZONE  
12h15-12h45  
**100% Abdos**

TRX ZONE  
12h45-13h15  
**TRX RENFO**

TRX ZONE  
18h00-18h30  
**TRX RENFO**

BODY AND MIND ZONE  
18h30-19h00  
**Mobility**

TRAINING ZONE  
18h30-19h15  
**Boxe & Run Full Body**

BODY AND MIND ZONE  
19h00-19h30  
**100% Abdos**

RIDE ZONE  
19h15-20h00  
**Ride**

BODY AND MIND ZONE  
10h15-10h45  
**100% Abdos**

BODY AND MIND ZONE  
10h45-11h15  
**Lift**

TRAINING ZONE  
11h30-12h15  
**Boxe & Run Full Body**

RIDE ZONE  
07h30-08h15  
**Ride**

TRAINING ZONE  
12h30-13h15  
**Boxe & Run Full Body**

TRX ZONE  
17h45-18h15  
**TRX RENFO**

BODY AND MIND ZONE  
18h00-18h30  
**Cardio**

TRAINING ZONE  
18h45-19h30  
**Boxe & Run Upper Body**

BODY AND MIND ZONE  
19h30-20h00  
**Booty Training**

DIMANCHE

BODY AND MIND ZONE  
10h00-11h00  
**Yoga**

TRX ZONE  
12h15-12h45  
**TRX RENFO**

BODY AND MIND ZONE  
12h45-13h15  
**Mobility**

BODY AND MIND ZONE  
18h00-18h30  
**Lift**

RIDE ZONE  
18h15-19h00  
**Ride**

BODY AND MIND ZONE  
18h45-19h15  
**Cardio**

BODY AND MIND ZONE  
19h15-19h45  
**Mobility**

TRAINING ZONE  
19h30-20h15  
**Boxe & Run Full Body**



TRAINING ZONE  
07h30-08h15  
**Boxe & Run Full Body**

TRAINING ZONE  
12h30-13h15  
**Boxe & Run Full Body**

TRAINING ZONE  
17h45-18h30  
**Boxe & Run Upper Body**

BODY AND MIND ZONE  
18h30-19h00  
**Booty Training**

BODY AND MIND ZONE  
19h00-20h00  
**Yoga**

RIDE ZONE  
18h45-19h30  
**Ride**

HORAIRE D'OUVERTURE  
LUNDI AU DIMANCHE 06h00 - 23h00

COURS DE MUSCULAIRE

COURS BIEN-ÊTRE

COURS CARDIO

# BASSINS À FLOT

ÉTÉ 2022