

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

BODY&MIND ZONE
10h30-11h00
Lift

BODY&MIND ZONE
12h15-12h45
100% Abdos

TRX ZONE
12h45-13h15
TRX

RIDE ZONE
12h30-13h00
Cycle

TRX ZONE
18h00-18h30
TRX

BODY&MIND ZONE
18h45-19h15
100% Abdos

BODY&MIND ZONE
19h15-19h45
Mobility

RIDE ZONE
19h45-20h30
Ride

SAMEDI

BODY&MIND ZONE
10h15-10h45
100% Abdos

BODY&MIND ZONE
10h45-11h15
Lift

BODY&MIND ZONE
11h30-12h15
Cardio

BODY&MIND ZONE
10h00-10h45
Pilates Flow

RIDE ZONE
07h30-08h15
Ride

BODY&MIND ZONE
11h15-12h00
Stretch

DIMANCHE

TRAINING ZONE
12h30-13h15
Boxe & Run

TRX ZONE
18h00-18h30
TRX

BODY&MIND ZONE
18h30-19h00
Cardio

TRAINING ZONE
18h45-19h30
Boxe & Run

BODY&MIND ZONE
19h00-19h30
Booty Training

BODY&MIND ZONE
19h30-20h15
Pilates

TRAINING ZONE
18h00-18h45
Boxe & Run

RIDE ZONE
18h45-19h15
Cycle

TRAINING ZONE
19h30-20h15
Boxe & Run

RIDE ZONE
10h15-11h00
Ride

BODY&MIND ZONE
10h00-11h00
Yoga

BODY&MIND ZONE
12h15-12h45
Booty Training

TRX ZONE
12h45-13h15
TRX

BODY&MIND ZONE
18h00-18h30
Lift

BODY&MIND ZONE
18h30-19h15
Pilates

BODY&MIND ZONE
19h15-19h45
100% Abdos

TRX ZONE
19h45-20h15
TRX

RIDE ZONE
19h30-20h15
Ride



TRAINING ZONE
18h15-19h00
Boxe & Run

BODY&MIND ZONE
18h00-18h30
Cardio

BODY&MIND ZONE
18h30-19h00
Booty Training

BODY&MIND ZONE
19h00-20h00
Yoga

TRX ZONE
19h00-19h30
TRX

RIDE ZONE
18h45-19h30
Ride

TRAINING ZONE
19h30-20h15
Boxe & Run

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

COURS DE
MUSCULAIRE

COURS DE
BIEN-ETRE

COURS DE
CARDIO

BODY&MIND ZONE
10h30-11h00
100% Abdos

TRX ZONE
12h15-12h45
TRX

BODY&MIND ZONE
12h45-13h15
Mobility

TRAINING ZONE
07h30-08h15
Boxe & Run

BODY&MIND ZONE
10h30-11h00
Booty Training

RIDE ZONE
12h30-13h00
Cycle

TRX ZONE
17h45-18h15
TRX

BODY&MIND ZONE
18h30-19h00
Lift

TRAINING ZONE
18h15-19h00
Boxe & Run

BODY&MIND ZONE
19h15-19h45
Stretch