ST-GENÈS

PLANNING 2022

LUNDI

- AQUA ZONE 09h00-09h45 Aqua Gym
- TRAINING ZONE 10h00-10h30 Booty Training
- AQUA ZONE 11h00-11h45 Aqua Boxing
- TRAINING ZONE 12h15-12h45 Lift
- AQUA ZONE 12h45-13h30 Aqua Bike
- TRAINING ZONE 17h30-18h00 Booty Training
- AQUA ZONE 17h30-18h15 Aqua Minceur
- TRAINING ZONE 18h00-18h45 Balance
- RIDE ZONE 18h15-19h00 Ride
- CROSSFIT ZONE 18h00-19h00 WOD Crossfit
- TRAINING ZONE 18h45-19h15 Lift
- CROSSFIT ZONE 19h00-20h00 WOD Crossfit
- TRAINING ZONE 19h30-20h00 Cardio
- AQUA ZONE 19h30-20h15 Aqua Bike
- TRAINING ZONE 20h00-20h45 Matador D&S
- CROSSFIT ZONE 20h00-21h00 WOD Crossfit

MARDI

- AQUA ZONE 09h00-09h45 Aqua Bike
- BODY&MIND ZONE 10h00-11h00 Yoga
- AQUA ZONE 11h00-11h45 Aqua Gym
- BODY&MIND ZONE 12h15-13h00 Pilates
- AQUA ZONE 17h30-18h15 Aqua Gym
- TRAINING ZONE 18h00-18h45 Combat
- BODY&MIND ZONE 18h00-18h30 TRX
- CROSSFIT ZONE 18h00-19h00 WOD Crossfit
- AQUA ZONE 18h30-19h15 Aqua Boxing
- BODY&MIND ZONE 18h45-19h30 Pilates
- CROSSFIT ZONE 19h00-20h00 WOD Crossfit
- TRAINING ZONE 19h30-20h15 Pump
- RIDE ZONE 19h30-20h15 Ride

MERCREDI

- AQUA ZONE 09h15-10h00 Aqua Minceur
- AQUA ZONE 10h00-10h45 Aqua Boxing
- BODY&MIND ZONE 11h00-11h45 Stretch
- TRAINING ZONE 12h30-13h00 Cardio
- CROSSFIT ZONE 12h30-13h30 WOD Crossfit
- TRAINING ZONE 17h45-18h15 Mobility
- TRAINING ZONE 18h15-18h45 Lift
- AQUA ZONE 18h00-18h45 Aqua Bike
- CROSSFIT ZONE 18h00-19h00 WOD Crossfit
- TRAINING ZONE 19h00-19h30 Cardio
- AQUA ZONE 19h00-19h45 Aqua Gym
- CROSSFIT ZONE 19h00-20h00 WOD Crossfit
- TRAINING ZONE 19h30-20h15 Zumba
- BODY&MIND ZONE 19h30-20h00 TRX
- RIDE ZONE 19h45-20h30 Ride

JEUDI

- AQUA ZONE 09h00-09h45 Aqua Gym
- TRAINING ZONE 10h00-10h45 Gym Posturale
- AQUA ZONE 10h45-11h30 Aqua Bike
- TRAINING ZONE 12h15-13h00 Balance
- RIDE ZONE 12h30-13h00 Ride
- TRAINING ZONE 17h30-18h00 100% Abdos
- BODY&MIND ZONE 18h00-19h00 Yoga
- RIDE ZONE 18h15-19h00 Ride
- CROSSFIT ZONE 18h00-19h00 WOD Crossfit
- AQUA ZONE 18h15-19h00 Aqua Bike
- TRAINING ZONE 19h00-19h45 Zumba
- BODY&MIND ZONE 19h00-19h30 TRX
- CROSSFIT ZONE 19h00-20h00 WOD Crossfit
- AQUA ZONE 19h15-20h00 Aqua Boxing
- TRAINING ZONE 19h45-20h15 Combat

VENDREDI

- AQUA ZONE 10h00-10h45 Aqua Bike
- AQUA ZONE 11h00-11h45 Aqua Minceur
- AQUA ZONE 12h15-13h00 Aqua Gym
- TRAINING ZONE 13h00-13h30 100% Abdos
- BODY&MIND ZONE 17h30-18h00 TRX
- AQUA ZONE 18h00-18h45 Aqua Bike
- TRAINING ZONE 18h15-19h00 Pump
- TRAINING ZONE 19h00-19h45 Balance
- AQUA ZONE 19h00-19h45 Aqua Gym

SAMEDI

- AQUA ZONE 10h15-11h00 Aqua Gym
- TRAINING ZONE 11h15-12h00 Balance
- AQUA ZONE 12h15-13h00 Aqua Bike

DIMANCHE

- AQUA ZONE 10h15-11h00 Aqua Bike
- AQUA ZONE 11h15-12h00 Aqua Gym
- CROSSFIT ZONE 11h00-12h00 WOD Crossfit
- TRAINING ZONE 12h15-13h00 Pump

ELEVATE
PREMIUM FITNESS CLUB

HORAIRES D'OUVERTURE

LUNDI AU VENDREDI	08h30 - 21h30
SAMEDI	10h00 - 18h00
DIMANCHE	10h00 - 14h00

COURS DE MUSCULAIRE | COURS BIEN-ÊTRE | COURS CARDIO | COURS DE DANSE