

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

AQUA ZONE
09h00-09h45
Aqua Gym

AQUA ZONE
11h00-11h45
Aqua Boxing

AQUA ZONE
12h45-13h30
Aqua Bike

AQUA ZONE
17h30-18h15
Aqua Minceur

AQUA ZONE
19h30-20h15
Aqua Bike

AQUA ZONE
10h15-11h00
Aqua Gym

AQUA ZONE
12h15-13h00
Aqua Bike

TRAINING ZONE
10h00-10h45
Flow

TRAINING ZONE
12h15-12h45
Booty Training

TRAINING ZONE
17h30-18h00
Booty Training

TRAINING ZONE
18h00-18h45
Flow

TRAINING ZONE
19h00-19h30
Lift

TRAINING ZONE
19h45-20h15
Cardio

TRAINING ZONE
11h15-12h00
Flow

TRAINING ZONE
10h00-11h00
Yoga

BODY&MIND ZONE
12h15-13h00
Pilates

TRAINING ZONE
18h00-18h45
Combat

TRAINING ZONE
19h30-20h15
Pump

TRAINING ZONE
12h15-13h00
Pump

AQUA ZONE
09h00-09h45
Aqua Bike

AQUA ZONE
11h00-11h45
Aqua Gym

AQUA ZONE
17h30-18h15
Aqua Gym

AQUA ZONE
18h30-19h15
Aqua Boxing

AQUA ZONE
10h15-11h00
Aqua Bike

AQUA ZONE
11h15-12h00
Aqua Gym

CROSSFIT ZONE
12h00-13h00
WOD Crossfit

TRAINING ZONE
11h00-11h45
Stretch

TRAINING ZONE
17h45-18h15
Mobility

TRAINING ZONE
18h15-18h45
Lift

TRAINING ZONE
19h00-19h30
Cardio

TRAINING ZONE
19h30-20h15
Zumba

CROSSFIT ZONE
12h00-13h00
WOD Crossfit

BODY&MIND ZONE
12h30-13h00
TRX

TRAINING ZONE
17h45-18h15
Mobility

TRAINING ZONE
18h15-18h45
Lift

TRAINING ZONE
19h00-19h30
Cardio

TRAINING ZONE
19h30-20h15
Zumba

CROSSFIT ZONE
12h00-13h00
WOD Crossfit

AQUA ZONE
09h15-10h00
Aqua Minceur

AQUA ZONE
10h00-10h45
Aqua Boxing

AQUA ZONE
18h00-18h45
Aqua Bike

AQUA ZONE
19h00-19h45
Aqua Gym

TRAINING ZONE
19h30-20h15
Zumba

CROSSFIT ZONE
12h00-13h00
WOD Crossfit

AQUA ZONE
10h00-10h45
Aqua Boxing

BODY&MIND ZONE
12h30-13h00
TRX

AQUA ZONE
18h00-18h45
Aqua Bike

CROSSFIT ZONE
19h00-20h00
WOD Crossfit

RIDE ZONE
19h45-20h30
Ride

CROSSFIT ZONE
12h00-13h00
WOD Crossfit

TRAINING ZONE
10h00-10h45
Gym Posturale

TRAINING ZONE
12h15-13h00
Flow

TRAINING ZONE
17h30-18h00
100% Abdos

TRAINING ZONE
18h00-19h00
Yoga

TRAINING ZONE
19h00-19h45
Zumba

RIDE ZONE
19h45-20h30
Ride

CROSSFIT ZONE
12h00-13h00
WOD Crossfit

TRAINING ZONE
10h00-10h45
Gym Posturale

TRAINING ZONE
12h15-13h00
Flow

TRAINING ZONE
17h30-18h00
100% Abdos

TRAINING ZONE
18h00-19h00
Yoga

TRAINING ZONE
19h00-19h45
Zumba

RIDE ZONE
19h45-20h30
Ride

CROSSFIT ZONE
12h00-13h00
WOD Crossfit

AQUA ZONE
09h00-09h45
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10h45-11h30
Aqua Bike

RIDE ZONE
12h30-13h15
Ride

TRAINING ZONE
17h30-18h00
100% Abdos

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Yoga

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19h00-19h45
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TRAINING ZONE
17h30-18h00
100% Abdos

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18h00-19h00
WOD Débutants

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12h00-13h00
WOD Crossfit

TRAINING ZONE
13h00-13h30
100% Abdos

BODY&MIND ZONE
17h30-18h00
TRX

TRAINING ZONE
18h15-19h00
Pump

TRAINING ZONE
19h00-19h45
Flow

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19h00-19h45
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19h00-19h45
Aqua Gym

TRAINING ZONE
19h00-19h45
Flow

CROSSFIT ZONE
12h00-13h00
WOD Crossfit

CROSSFIT ZONE
12h30-13h30
WOD Crossfit

ST-GENÈS

PLANNING 2023

HORAIRES D'OUVERTURE

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

