

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

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

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

RIDE ZONE  
12h30-13h00  
**Cycle**

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

RIDE ZONE  
07h30-08h00  
**Cycle**

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

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

BODY&MIND ZONE  
12h15-12h45  
**100% Fessiers**

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

TRX ZONE  
10h30-11h00  
**TRX**

TRX ZONE  
12h00-12h30  
**TRX**

BODY&MIND ZONE  
12h30-13h15  
**Pilates**

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

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

BODY&MIND ZONE  
10h30-11h00  
**100% Fessiers**

BODY&MIND ZONE  
12h00-12h30  
**100% Abdos**

RIDE ZONE  
12h30-13h00  
**Cycle**

# BASSINS A FLOT

PLANNING 2024

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

BODY&MIND ZONE  
18h15-18h45  
**Cardio**

TRX ZONE  
18h45-19h15  
**TRX**

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

BODY&MIND ZONE  
19h30-20h15  
**Pilates**

RIDE ZONE  
20h00-20h30  
**Cycle**

TRAINING ZONE  
18h00-18h45  
**Boxe & Run**

TRAINING ZONE  
19h00-19h45  
**Boxe & Run**

TRAINING ZONE  
19h30-20h00  
**Boxe & Run**

BODY&MIND ZONE  
18h00-18h45  
**Yoga**

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

BODY&MIND ZONE  
19h00-19h30  
**100% Fessiers**

BODY&MIND ZONE  
19h30-20h00  
**Mobility**

RIDE ZONE  
19h00-19h30  
**Cycle**

TRAINING ZONE  
18h00-18h45  
**Boxe & Run**

TRAINING ZONE  
19h45-20h30  
**Boxe & Run**

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

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

BODY&MIND ZONE  
19h15-19h45  
**Stretch**

TRX ZONE  
18h45-19h15  
**TRX**

RIDE ZONE  
18h00-18h30  
**Cycle**

TRAINING ZONE  
19h15-20h00  
**Boxe & Run**

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

BODY&MIND ZONE  
18h30-19h00  
**100% Fessiers**

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

TRX ZONE  
19h00-19h30  
**TRX**

RIDE ZONE  
18h30-19h00  
**Cycle**

TRAINING ZONE  
19h15-20h00  
**Boxe & Run**

BODY&MIND ZONE  
18h30-19h00  
**Lift**

BODY&MIND ZONE  
19h15-19h45  
**Stretch**

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

TRAINING ZONE  
18h15-19h00  
**Boxe & Run**

SAMEDI

DIMANCHE

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

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

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

BODY&MIND ZONE  
11h15-11h45  
**Stretch**

RIDE ZONE  
10h15-11h00  
**Cycle XL**



ELEVATE  
PREMIUM FITNESS CLUB

## HORAIRE D'OUVERTURE

LUNDI AU DIMANCHE 06h00 - 23h00

COURS DE  
**MUSCULAIRE**

COURS  
**BIEN-ETRE**

COURS  
**CARDIO**