

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

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

TRX ZONE
12h45-13h15
TRX

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

TRAINING ZONE
07h30-08h15
Boxe & Run

TRX ZONE
12h00-12h30
TRX

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 À FLOT

ÉTÉ 2024
du 01 juillet au 01 septembre 2024

BODY&MIND ZONE
18h15-18h45
Cardio

TRX ZONE
18h45-19h15
TRX

TRAINING ZONE
18h30-19h15
Boxe & Run

BODY&MIND ZONE
18h00-18h45
Yoga

TRX ZONE
18h00-18h30
TRX

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

BODY&MIND ZONE
19h15-19h45
Mobility

RIDE ZONE
18h30-19h00
Cycle

TRAINING ZONE
19h15-20h00
Boxe & Run

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

BODY&MIND ZONE
19h15-19h45
Stretch

TRX ZONE
18h00-18h30
TRX

RIDE ZONE
18h00-18h30
Cycle

TRAINING ZONE
18h45-19h30
Boxe & Run

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

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

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

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

COURS DE
MUSCULAIRE

COURS
BIEN-ÊTRE

COURS
CARDIO



ELEVATE
PREMIUM FITNESS CLUB