

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

BODY&MIND ZONE
10h15-11h00
Pilates

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

TRX ZONE
12h45-13h15
TRX

RIDE ZONE
12h30-13h00
Cycle

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

TRX ZONE
12h00-12h30
TRX

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
12h30-13h00
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 - 2025

TRX ZONE
18h00-18h30
TRX

BODY&MIND ZONE
18h15-18h45
HIIT 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

BODY&MIND ZONE
18h00-18h45
Yoga

TRX ZONE
18h00-18h30
TRX

RIDE ZONE
18h15-18h45
Cycle

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

TRX ZONE
18h45-19h15
TRX

BODY&MIND ZONE
19h15-19h45
Stretch

TRAINING ZONE
19h00-19h45
Boxe & Run

TRAINING ZONE
19h45-20h30
Boxe & Run

BODY&MIND ZONE
18h00-18h30
HIIT Force

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

BODY&MIND ZONE
19h30-20h15
Pilates

TRX ZONE
18h15-18h45
TRX

TRX ZONE
19h00-19h30
TRX

RIDE ZONE
19h15-19h45
Cycle

TRAINING ZONE
18h15-19h00
Boxe & Run

TRAINING ZONE
19h45-20h30
Boxe & Run

BODY&MIND ZONE
18h00-18h30
HIIT Cardio

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

BODY&MIND ZONE
19h00-20h00
Yoga

TRX ZONE
19h00-19h30
TRX

RIDE ZONE
18h45-19h15
Cycle

TRAINING ZONE
19h30-20h15
Boxe & Run

BODY&MIND ZONE
18h00-18h45
Pilates

TRX ZONE
18h00-18h30
TRX

BODY&MIND ZONE
18h45-19h15
HIIT Force

BODY&MIND ZONE
19h30-20h00
Stretch

TRAINING ZONE
18h45-19h30
Boxe & Run

SAMEDI

DIMANCHE

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

BODY&MIND ZONE
10h45-11h15
HIIT Force

TRAINING ZONE
11h30-12h15
Boxe & Run

RIDE ZONE
10h15-11h00
Cycle XL

BODY&MIND ZONE
11h15-11h45
Stretch

HORAIRE D'OUVERTURE

LUNDI AU DIMANCHE 06h00 - 23h00

COURS DE
MUSCULAIRE

COURS
BIEN-ÊTRE

COURS
CARDIO



ELEVATE
PREMIUM FITNESS CLUB