

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
<p>AQUA ZONE 09h00-09h45 Aqua Gym</p> <p>TRAINING ZONE 10h00-10h45 Flow</p> <p>AQUA ZONE 11h00-11h45 Aqua Boxing</p> <p>RIDE ZONE 12h15-12h45 Ride</p> <p>AQUA ZONE 13h00-13h45 Aqua Bike</p> <p>HYBRID ZONE 12h30-13h30 HYROX</p>	<p>AQUA ZONE 09h00-09h45 Aqua Bike</p> <p>TRAINING ZONE 10h00-11h00 Yoga</p> <p>AQUA ZONE 11h00-11h45 Aqua Gym</p> <p>TRAINING ZONE 12h15-13h15 Pilates</p> <p>BODY&MIND ZONE 12h30-13h15 Boxing</p> <p>HYBRID ZONE 12h30-13h30 HYROX</p>	<p>TRAINING ZONE 10h00-10h30 BodySculpt</p> <p>TRAINING ZONE 10h30-11h15 Stretch</p> <p>BODY&MIND ZONE 12h00-12h30 TRX</p> <p>AQUA ZONE 11h00-11h45 Aqua Boxing</p> <p>AQUA ZONE 12h45-13h30 Aqua Gym</p>	<p>AQUA ZONE 09h00-09h45 Aqua Gym</p> <p>TRAINING ZONE 10h00-10h45 Gym Posturale</p> <p>AQUA ZONE 11h00-11h45 Aqua Bike</p> <p>TRAINING ZONE 12h30-13h00 Pump 30'</p> <p>HYBRID ZONE 12h30-13h30 HYROX</p>	<p>TRAINING ZONE 10h00-10h45 BodySculpt</p> <p>AQUA ZONE 11h00-11h45 Aqua Minceur</p> <p>AQUA ZONE 12h00-12h45 Aqua Gym</p>

ST-GENÈS

PLANNING 2024-2025

<p>TRAINING ZONE 17h45-18h15 100%Fessiers</p> <p>RIDE ZONE 18h00-18h45 Ride</p> <p>TRAINING ZONE 18h15-19h00 Flow</p> <p>TRAINING ZONE 19h00-19h45 Combat</p> <p>TRAINING ZONE 19h45-20h30 Pilates</p> <p>AQUA ZONE 17h30-18h15 Aqua Minceur</p> <p>HYBRID ZONE 18h00-19h00 WOD Renfo</p> <p>AQUA ZONE 19h45-20h30 Aqua Bike</p> <p>HYBRID ZONE 20h00-21h00 HYROX</p>	<p>TRAINING ZONE 17h45-18h15 100%Abdos</p> <p>TRAINING ZONE 18h15-19h00 Pilates</p> <p>TRAINING ZONE 19h15-20h00 Pump</p> <p>RIDE ZONE 19h15-19h45 Ride</p> <p>AQUA ZONE 19h45-20h30 Aqua Boxing</p> <p>HYBRID ZONE 20h00-20h45 WOD Gym</p> <p>BODY&MIND ZONE 17h30-18h00 TRX</p> <p>AQUA ZONE 17h30-18h15 Aqua Gym</p> <p>BODY&MIND ZONE 18h15-19h00 Boxing</p> <p>AQUA ZONE 18h30-19h15 Aqua Boxing</p> <p>HYBRID ZONE 18h00-19h00 HYROX</p> <p>HYBRID ZONE 19h00-20h00 HYROX</p> <p>RIDE ZONE 19h15-19h45 Ride</p>	<p>TRAINING ZONE 17h30-18h15 Pilates</p> <p>TRAINING ZONE 18h15-18h45 Pump 30'</p> <p>TRAINING ZONE 19h00-19h45 Zumba</p> <p>TRAINING ZONE 19h45-20h30 Attack</p> <p>BODY&MIND ZONE 18h00-19h00 HYROX</p> <p>BODY&MIND ZONE 19h00-19h45 Pilates</p> <p>BODY&MIND ZONE 19h45-20h15 TRX</p> <p>AQUA ZONE 18h00-18h45 Aqua Bike</p> <p>HYBRID ZONE 18h00-19h00 WOD Team</p> <p>AQUA ZONE 19h00-19h45 Aqua Gym</p> <p>HYBRID ZONE 19h00-20h00 WOD Team</p> <p>BODY&MIND ZONE 19h45-20h15 TRX</p> <p>HYBRID ZONE 20h00-20h30 HYROX Flash</p>	<p>TRAINING ZONE 17h30-18h00 100%Abdos</p> <p>TRAINING ZONE 18h00-19h00 Yoga</p> <p>TRAINING ZONE 19h15-20h00 Zumba</p> <p>TRAINING ZONE 20h00-20h30 Stretch</p> <p>HYBRID ZONE 18h00-19h00 HYROX</p> <p>AQUA ZONE 18h15-19h00 Aqua Bike</p> <p>HYBRID ZONE 19h00-20h00 WOD Haltéro</p> <p>RIDE ZONE 19h15-20h00 Ride</p> <p>AQUA ZONE 19h15-20h00 Aqua Boxing</p>	<p>TRAINING ZONE 18h00-18h45 Pilates</p> <p>TRAINING ZONE 19h00-19h45 Pump</p> <p>AQUA ZONE 18h00-18h45 Aqua Gym</p> <p>AQUA ZONE 19h00-19h45 Aqua Bike</p> <p>HYBRID ZONE 20h00-21h00 HYROX</p>
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SAMEDI
<p>AQUA ZONE 10h15-11h00 Aqua Gym</p> <p>TRAINING ZONE 11h15-12h00 Stretch</p> <p>AQUA ZONE 12h15-13h00 Aqua Bike</p>

DIMANCHE
<p>AQUA ZONE 10h15-11h00 Aqua Bike</p> <p>AQUA ZONE 11h15-12h00 Aqua Gym</p> <p>TRAINING ZONE 12h15-13h00 BodySculpt</p>



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
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