

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

# ST-GENÈS

## PLANNING 2024-2025

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

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