PLANNING DU 5 JANVIER 2026 AU 5 JUILLET 2026

Réservation OBLIGATOIRE sur l'application

LE BOUSCAT

LUNDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
09h45-10h15 Upper Body			09h30-10h15 Aqua Minceur
10h30-11h15 Stretching			10h30-11h15 Aqua Gym
12h30-13h15 Booty Shape			12h30-13h15 Aqua Minceur

MARDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
09h30-10h15 Power Flow			09h30-10h15 Aqua Gym
10h30-11h15 Pilates			10h30-11h15 Aqua Minceur
12h30-13h15 Upper Body	12h30-13h30 Hyrox		12h30-13h15 Aqua Bike

MERCREDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
09h30-10h15 Body Shape			09h30-10h15 Aqua Bike
10h30-11h15 Stretching			10h30-11h15 Aqua Boxing
	12h30-13h15 Boxe & Run	12h30-13h15 Ride	12h30-13h15 Aqua Gym

JEUDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
09h30-10h15 Yoga			09h30-10h15 Aqua Minceur
10h30-11h15 Upper Body			10h30-11h15 Aqua Gym
	12h30-13h15 Boxe & Run		12h30-13h15 Aqua Bike Training

VENDREDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
09h30-10h15 Stretching			09h30-10h15 Aqua Gym
10h30-11h15 Booty Shape			10h30-11h15 Aqua Minceur
	12h30-13h30 Hyrox		12h30-13h15 Aqua Boxing

LUNDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
17h45-18h30 Pump	17h45-18h30 Boxe & Run	17h45-18h30 Ride	17h30-18h15 Aqua Gym
18h45-19h30 Combat	18h45-19h45 Hyrox	18h45-19h30 Ride	18h30-19h15 Aqua Minceur
19h45-20h30 Pilates			

MARDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
17h30-18h15 Stretching			17h45-18h30 Aqua Minceur
18h15-19h00 Booty Shape	18h45-19h30 Boxe & Run	18h45-19h15 Ride	18h45-19h30 Aqua Gym
19h15-20h00 Yoga	19h45-20h45 Hyrox	20h00-20h45 Ride	
20h15-21h00 Step			

MERCREDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
17h45-18h30 Booty Shape		17h45-18h15 Ride	17h45-18h30 Aqua Gym
18h45-19h30 Athletyx	18h30-19h15 Boxe & Run		18h45-19h30 Aqua Bike
19h45-20h30 Pilates	19h30-20h30 Hyrox		

JEUDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
17h45-18h30 Pilates			17h45-18h30 Aqua Bike
18h45-19h30 Body Shape	19h00-19h45 Boxe & Run	18h30-19h00 Ride	18h45-19h30 Aqua Minceur
19h45-20h30 Zumba		20h00-20h45 Ride	

VENDREDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
		18h00-18h45 Ride	18h00-18h45 Aqua Minceur
19h00-19h45 Pilates			19h00-19h45 Aqua Running

SAMEDI

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
		10h30-11h15 Ride	
11h30-12h15 Upper Body			
			12h30-13h15 Aqua Minceur

DIMANCHE

TRAINING ZONE	HYBRID ZONE	RIDE ZONE	AQUA ZONE
			10h15-11h00 Aqua Bike
			11h15-12h00 Aqua Gym
12h15-13h00 Stretching			

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

ELEVATE PREMIUM FITNESS CLUB