

PLANNING DU 5 JANVIER 2026 AU 5 JUILLET 2026

R  servation **OBLIGATOIRE** sur l'application

LUNDI				MARDI				MERCREDI				JEUDI				VENDREDI			
TRAINING ZONE	RIDE ZONE	REFORMER ZONE	AQUA ZONE	TRAINING ZONE	RIDE ZONE	REFORMER ZONE	AQUA ZONE	TRAINING ZONE	RIDE ZONE	REFORMER ZONE	AQUA ZONE	TRAINING ZONE	RIDE ZONE	REFORMER ZONE	AQUA ZONE	TRAINING ZONE	RIDE ZONE	REFORMER ZONE	AQUA ZONE
09h30-10h15 Pilates			09h30-10h15 Aqua Gym	09h30-10h15 Booty Shape			09h30-10h15 AquaMinceur	09h30-10h15 Body Shape			09h30-10h15 Aqua Gym	09h30-10h15 Upper Body			09h30-10h15 Aqua Bike	09h30-10h15 Booty Shape			09h30-10h15 AquaMinceur
10h30-11h15 Body Shape			10h30-11h15 AquaMinceur	10h30-11h30 Yoga			10h30-11h15 Aqua Bike	10h30-11h15 Stretching			10h30-11h15 AquaMinceur	10h30-11h15 Power Flow			10h30-11h15 Aqua Gym	10h30-11h15 Pilates			10h30-11h15 Aqua Circuit
		11h30-12h15 Reformer																	
12h30-13h15 Pump		12h30-13h15 Reformer	12h30-13h15 Aqua Boxing		12h30-13h15 Ride	12h30-13h15 Reformer	12h30-13h15 AquaMinceur	12h30-13h15 Pilates		12h30-13h15 Reformer	12h30-13h15 Aqua Gym	12h30-13h15 Athletix	12h30-13h15 Ride	12h30-13h15 Reformer	12h30-13h15 Aqua Circuit	12h30-13h15 Power Flow		12h30-13h15 Reformer	12h30-13h15 Aqua Gym

SAINT-AUGUSTIN

TRAINING ZONE				RIDE ZONE				REFORMER ZONE				AQUA ZONE				TRAINING ZONE				RIDE ZONE				REFORMER ZONE				AQUA ZONE				TRAINING ZONE				RIDE ZONE				REFORMER ZONE				AQUA ZONE																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
17h45-18h30 Booty Shape				17h45-18h30 Ride				17h45-18h30 Reformer				18h00-18h45 Aqua Boxing				18h00-18h45 Pilates				18h00-18h45 Reformer				18h00-18h45 Aqua Circuit				17h45-18h30 Pump				17h45-18h30 Reformer				18h00-18h45 Aqua Gym				17h30-18h15 Ride				18h15-19h00 Aqua Bike				17h30-18h15 Pump				18h30-19h15 Ride				18h30-19h15 Reformer				18h45-19h30 Aqua Boxing																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
18h45-19h30 Combat				18h45-19h30 Reformer				19h00-19h45 Aqua Minceur				19h00-19h45 Upper Body				19h00-19h45 Reformer				19h00-19h45 Aqua Minceur				18h45-19h30 Ride				19h00-19h45 Aqua Flow				19h30-20h15 Body Shape				19h15-20h00 Aqua Gym				19h15-20h00 Power Flow				18h30-19h15 Ride				18h30-19h15 Reformer				18h45-19h30 Aqua Boxing																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
19h45-20h30 Stretching				19h45-20h30 Ride																				20h00-20h45 Ride																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															