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TOUS LES COURS DOIVENT ÊTRE RÉSERVÉS À L'AVANCE SUR L'APP

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
 <b>FUNCTIONAL CIRCUIT</b> 07.15-07.45   Wellbeing Advisor   Fitness	 <b>FUNCTIONAL CIRCUIT</b> 07.15-07.45   Wellbeing Advisor   Fitness	 <b>FUNCTIONAL CIRCUIT</b> 07.15-07.45   Wellbeing Advisor   Fitness	 <b>FUNCTIONAL CIRCUIT</b> 07.15-07.45   Wellbeing Advisor   Fitness	 <b>FUNCTIONAL CIRCUIT</b> 07.15-07.45   Wellbeing Advisor   Fitness	 <b>LBT</b> 10.15-11.15   Roberta   Studio	 <b>FUNCTIONAL CIRCUIT</b> 10.00-10.45   Wellbeing Advisor   Fitness
 <b>AQUAFIT</b> 09.45-10.30   Jihane   Pool	 <b>AQUABIKE</b> 08.00-08.45   Sébastien   Pool	 <b>HATHA YOGA</b> 10.30-11.30   Olivia   Studio	 <b>FREE BODY SCULPT</b> 10.15-11.15   Geny   Studio	 <b>AQUAFIT</b> 09.15-10.00   Geny   Pool	 <b>STRETCHING</b> 11.30-12.30   Roberta   Studio	 <b>TRANCE™</b> 10.00-11.00   Jean-Luc   Studio
 <b>YOGA THERAPY</b> 10.00-11.00   Théodore   Studio	 <b>BODY CARE</b> 09.30-10.30   David   Studio	 <b>AQUAPOWER</b> 10.45-11.30   Aziz   Pool	 <b>GARUDA®</b> 11.30-12.30   Serge   Studio	 <b>GENTLE YOGA</b> 09.30-10.30   Isaline   Studio	 <b>FUNCTIONAL CIRCUIT</b> 12.15-12.45   Wellbeing Advisor   Fitness	 <b>STRETCH &amp; TONE</b> 11.15-12.15   Jean-Luc   Studio
 <b>AQUAFIT</b> 10.45-11.30   Jihane   Pool	 <b>AQUAFIT</b> 10.00-11.00   Aba   Pool	 <b>CARDIO STEP</b> 11.30-12.30   Aziz   Studio	 <b>AQUAFIT</b> 12.00-12.45   Geny   Pool	 <b>AQUAFIT</b> 10.15-11.00   Geny   Pool	 <b>AQUAFIT</b> 12.15-13.00   Joëlle   Pool	 <b>BODYPUMP™ NEW</b> 12.30-13.30   Samir   Studio
 <b>LATINO DANCE</b> 11.15-12.15   Aba   Studio	 <b>FLOW YOGA</b> 10.45-11.45   Isaline   Studio	 <b>FUNCTIONAL CIRCUIT</b> 12.15-12.45   Wellbeing Advisor   Fitness	 <b>FUNCTIONAL CIRCUIT</b> 12.15-12.45   Wellbeing Advisor   Fitness	 <b>STRETCH &amp; GYM DOUCE</b> 11.15-12.15   Geny   Studio	 <b>AQUAFIT</b> 13.15-14.00   Joëlle   Pool	 <b>FUNCTIONAL CIRCUIT</b> 16.00-16.45   Wellbeing Advisor   Fitness
 <b>BODYART®</b> 12.30-13.30   Claudia   Studio	 <b>PILATES</b> 12.00-13.00   Ninette   Studio	 <b>BODYPUMP™ NEW</b> 12h30-13h30   Angie   Studio	 <b>BODYART®</b> 12.45-13.45   Serge   Studio	 <b>FUNCTIONAL CIRCUIT</b> 12.15-12.45   Wellbeing Advisor   Fitness	 <b>FUNCTIONAL CIRCUIT</b> 16.00-16.45   Wellbeing Advisor   Fitness	 <b>CYCLING</b> 16.30-17.30   Jérôme   Studio
 <b>FUNCTIONAL CIRCUIT</b> 12.15-12.45   Wellbeing Advisor   Fitness	 <b>FUNCTIONAL CIRCUIT</b> 12.15-12.45   Wellbeing Advisor   Fitness	 <b>FUNCTIONAL CIRCUIT</b> 17.15-17.45   Wellbeing Advisor   Fitness	 <b>AMERICAN JAZZ DANCE</b> 18.00-19.00   Jean-Luc   Studio	 <b>PILATES</b> 12.30-13.30   Frankie   Studio	 <b>TOTAL BODY</b> 16.00-17.00   Willy   Studio	 <b>DANSE ORIENTALE</b> 18.00-19.00   Linda   Studio
 <b>FUNCTIONAL CIRCUIT</b> 17.15-17.45   Wellbeing Advisor   Fitness	 <b>SUPER SCULPT</b> 13.00-14.00   Ninette   Studio	 <b>PILATES</b> 17.30-18.30   Linda   Studio	 <b>AQUAFIT</b> 18.30-19.15   BomBom   Pool	 <b>AQUABIKE</b> 12.30-13.15   Jean-Marc   Pool	 <b>STRETCHING</b> 17.15-18.15   Willy   Studio	
 <b>KUNDALINI YOGA</b> 18.00-19.00   Sandra   Studio	 <b>RESTORATIVE YOGA</b> 18.00-19.00   Rebecca   Studio	 <b>SWIMMING TECHNIQUES</b> 18.30-19.30   Benjamin   Pool	 <b>TRANCE™</b> 19.00-19.30   Jean-Luc   Studio	 <b>FUNCTIONAL CIRCUIT</b> 17.15-17.45   Wellbeing Advisor   Fitness		
 <b>AQUABIKE</b> 18.15-19.00   Sébastien   Pool	 <b>FUNCTIONAL CIRCUIT</b> 18.15-18.45   Wellbeing Advisor   Fitness	 <b>CARDIO BOXING</b> 18.30-19.30   Peter   Studio	 <b>FUNCTIONAL CIRCUIT</b> 19.15-19.45   Wellbeing Advisor   Fitness	 <b>CYCLING</b> 18.00-19.00   Anco   Studio		
 <b>CYCLING</b> 19.15-20.15   Jérôme   Studio	 <b>AQUAFIT</b> 18.15-19.00   Xavier   Pool	 <b>LBT</b> 19.30-20.30   Farah   Studio	 <b>BALLET</b> 19.45-20.45   Jean-Luc   Studio			
 <b>STRETCHING</b> 20.30-21.15   David   Studio	 <b>BODYPUMP™ NEW</b> 19.15-20.15   Ninette   Studio	 <b>AQUABIKE</b> 20.15-21.00   Séverinne   Pool				

	MATIN
	APRÈS-MIDI
	SOIR

**NEW** Nouveau cours

\*L'horaire des cours collectifs et les professeurs peuvent être sujets à modification. La version la plus récente de l'horaire se trouve sur l'app.