

STUDIO CLASS TIMETABLE From | À partir du 02/09/2024

| MONDAY LUNDI | TUESDAY MARDI | WEDNESDAY MERCREDI | THURSDAY JEUDI | FRIDAY VENDREDI | SATURDAY SAMEDI | SUNDAY DIMANCHE |
|---|--|--|--|--|---|---|
| TRIBALFIT ATHLETIC LEGS 07.30-08.00 Wellbeing Advisor TribalFit | TRIBALHIIT 07.30-08.15 Wellbeing Advisor TribalFit | MORNING YOGA 07.30-08.15 Ornella Zen | TRIBALHIIT 07.30-08.15 Wellbeing Advisor TribalFit | TRIBALFIT CONDITIONING 07.30-08.30 Wellbeing Advisor TribalFit | BODYPUMP™ 09.15-10.15 Angie Energy | YOGAWALL 09.30-10.45 Anna Zen |
| AQUABIKE 07.30-08.15 Nicole Pool | CYCLING 07.30-08.30 Jérôme Cadence | TRIBALFIT UPPER BODY 07.30-08.30 Wellbeing Advisor TribalFit | AQUAFIT 07.30-08.15 Xavier Pool | CYCLING 07.30 - 08.30 Jérôme Cadence | HATHA 09.30-10.30 Ramona Zen | CAPOEIRA 10.00-11.00 Adelson Motion |
| BODYPUMP™ 07.45-08.30 Aurélie Energy | PILATES ● 10.00-11.00 Olivia Zen | BODYPUMP™ 07.30-08.30 Aurélie Energy | LES MILLS GRIT™ FORCE 08.00 - 08.30 Ninette Energy | YOGAWALL 07.30-08.45 Marvin Zen | SELF-DEFENCE 10.00-11.00 Patrick Motion | LES MILLS CORE™ 10.30-11.00 Olivier Energy |
| HOT YOGA 09.30-10.30 Géraldine Zen | AQUABIKE 11.00-11.45 Nicole Pool | AQUAFIT 10.30-11.15 Xavier Pool | GENTLE YOGA 10.00-11.00 Marvin Zen | BODYPUMP™ 07.30-08.30 Angie Energy | LES MILLS CORE™ 10.30-11.00 Sylvia Energy | VINYASA FLOW 10.45-11.45 Anna Zen |
| AQUAFIT 10.30-11.15 Aba Pool | TRX® 11.15-12.00 Nancy Zen | MEDITATION 11.30-12.15 Morgan Zen | GYM DOUCE 11.00-11.45 David Energy | STRETCHING 10.00-11.00 Nancy Zen | RESTORATIVE 10.30-11.30 Ramona Zen | LES MILLS TONE™ 11.00-11.45 Olivier Energy |
| WARM YIN 10.30-11.30 Géraldine Zen | LES MILLS CORE™ 12.15-12.45 Samir Energy | CYCLING 14+ 12.15-13.15 Cindy Cadence | PILATES ● 12.30-13.15 Ninette Zen | TRX® 11.15-12.00 Nancy Zen | CYCLING 14+ 10.30-12.00 Jean-Philippe Cadence | PILATES ▲ 12.00-13.00 Ninette Zen |
| MEDITATION 11.45-12.15 Fiona Zen | YOGA WALL 12.15-13.30 Michael Zen | LES MILLS GRIT™ FORCE 12.20 - 12.50 Joseph Energy | AQUAFIT 12.30-13.15 Joëlle Pool | LES MILLS GRIT™ FORCE 11.45 - 12.45 Kandi Energy | KICK-BOXING 14+ 11.00-12.00 Patrick Motion | PILATES ● 13.00-13.45 Ninette Zen |
| AQUACIRCUIT 12.15-13.00 Hosni Pool | CYCLING 12.20-13.10 Peter Cadence | AQUAFIT 12.15-13.00 Lyda Pool | LES MILLS TONE™ 12.30-13.15 Claire Energy | BODYPUMP™ 12.20 - 13.20 Kandi Energy | BODYPUMP™ 11.00-12.00 Sylvia Energy | BODYPUMP™ 12.00-13.00 Nathan Energy |
| KUNDALINI YOGA 12.15-13.15 Fiona Zen | BODYCOMBAT™ 12.45-13.30 Samir Energy | TRX® ◆ 12.30-13.15 Santo Zen | CYCLING 12.30-13.30 Peter Cadence | HATHA 12.30-13.15 Elena Zen | TRIBALFIT ATHLETIC LEGS 11.30-12.30 Wellbeing Advisor TribalFit | BODYATTACK™ 13.00-14.00 Nathan Energy |
| BODYPUMP™ 12.30-13.30 Khalid Energy | AQUAFIT 13.00-13.45 Omar Pool | LES MILLS DANCE® 12.30-13.15 Antoine Motion | KICK BOXING 12.30-13.30 Patrick Motion | TRIBALFIT CONDITIONING 12.30-13.15 Nancy TribalFit | BODYSTEP™ 14+ 12.00-13.00 Sylvia Energy | BALLET ● 13.00-14.00 Jean-Luc Motion |
| CYCLING 12.30-13.30 Paolo Cadence | CYCLING 13.15-14.00 Peter Cadence | TRIBALFIT CONDITIONING 12.50-13.35 Samir TribalFit | PILATES ◆ 13.20-14.05 Vincent Zen | CYCLING 12.30-13.30 Vincent Cadence | QI GONG 12.00-13.15 Dominique Zen | CYCLING 13.00-14.00 Jérôme Cadence |
| ZUMBA® 12.30-13.30 Sarah Motion | BODYPUMP™ 13.30-14.30 Samir Energy | LES MILLS GRIT™ CARDIO 12.55 - 13.25 Joseph Energy | AQUABIKE 13.30-14.15 Joëlle Pool | GROOVE N' JAZZ ● 12.30-13.30 Willy Motion | LEGS, BUMS, TUMS 12.15 - 13.00 Farah Motion | STRETCH & TONE™ 14.00-15.00 Jean-Luc Motion |
| AQUABIKE 13.15-14.00 Xavier Pool | VINYASA FLOW 13.30-14.30 Michael Zen | GARUDA® 13.30-14.15 Serge Zen | HOT YOGA 17.15-18.15 Monica Zen | ASHTANGA LED PRIMARY 13.15-14.00 Elena Zen | AQUAFIT 12.45-13.30 Aba Pool | YIN 14.00-15.00 Olivia Zen |
| PILATES ▲ 13.30-14.15 Chris Zen | WARM YIN 14.30-15.30 Géraldine Zen | AQUAFIT 17.30-18.15 Lyda Pool | AQUABIKE 18.00-18.45 Nicole Pool | LES MILLS GRIT™ ATHLETIC 13.30-14.00 Kandi Energy | LES MILLS DANCE™ 14+ 13.00-13.45 Farah Motion | AQUAFIT 15.00-15.45 Joëlle Pool |
| AQUAFIT 17.15-18.00 Omar Pool | ZUMBA ® 17.30-18.30 Sarah Motion | TRIBALFIT CONDITIONING 17.30-18.30 Wellbeing Advisor TribalFit | BODYPUMP™ 18.00-19.00 Arina Energy | ROCKET 1 17.15-18.15 Dimitri Zen | PILATES ◆ 13.30-14.30 Olivia Zen | TRANCE™ 15.00-15.45 Jean-Luc Motion |
| CYCLING 18.00-19.00 Anco Cadence | LES MILLS CORE™ 18.00-18.45 Nathan Energy | BODYCOMBAT™ 18.00-19.00 Samir Energy | BOXE ANGLAISE 18.00-19.00 Youness Motion | TRIBALHIIT 17.30-18.15 Wellbeing Advisor TribalFit | AQUAFIT 15.00-16.00 Aba Pool | HATHA 15.00-16.00 Olivia Zen |
| LEGS, BUMS, TUMS 18.00-19.00 David Energy | AQUAFIT 18.00-18.45 Xavier Pool | VINYASA FLOW 18.00-19.00 Géraldine Zen | CYCLING 18.30-19.30 Emanuela Cadence | LES MILLS DANCE™ 18.00-18.45 Lucia Motion | YOGWALL 16.00-17.10 Josick Zen | AMAPIANO™ 15.45-16.30 Jean-Luc Motion |
| BodyART FOUNDATION® 18.00-19.00 Serge Zen | YOGA WALL ◆ 18.00-19.15 Anna Zen | BALLET ▲ 18.00-19.00 Aki Motion | HATHA 18.30-19.30 Monica Zen | CYCLING 18.00-19.00 Cindy Cadence | PRENATAL YOGA 17.15-18.15 Josick Zen | AQUAFIT 16.00-16.45 Joëlle Pool |
| AQUAFIT 18.15-19.00 Omar Pool | CYCLING 18.30-19.30 Jérôme Cadence | AQUAFIT 18.30-19.15 Lyda Pool | TRIBALFIT CONDITIONING 18.30-19.30 Wellbeing Advisor TribalFit | PILATES ▲ 18.30-19.30 Vincent Zen | | RESTORATIVE 16.00-17.00 Olivia Zen |
| TRIBALHIIT 18.30-19.15 Wellbeing Advisor TribalFit | TRIBALFIT CONDITIONING 18.30-19.30 Wellbeing Advisor TribalFit | CYCLING 18.30-19.30 Meike Cadence | KICK-BOXING 19.00-20.00 Patrick Motion | BALLET ▲ 19.00-20.00 Jean-Luc Motion | | BODYPUMP™ 16.00-17.00 Khalid Energy |
| BodyART PURE® 19.00-20.00 Serge Zen | BODYPUMP™ 18.45-19.45 Nathan Energy | HATHA 19.00-20.00 Géraldine Zen | AQUAFIT 19.00-19.45 Nicole Pool | PILATES ● 19.30-20.30 Vincent Zen | | AQUABIKE 17.00-17.45 Joëlle Pool |
| FITDANCE 19.00-20.00 David Motion | STRETCH & TONE™ 18.45-19.45 Jean-Luc Motion | BODYPUMP™ 19.00-20.00 Samir Energy | BODYATTACK™ 19.00-20.00 Arina Energy | | | BODYCOMBAT™ 17.00-18.00 Khalid Energy |
| AQUAFIT 19.15-20.00 Omar Pool | AQUACIRCUIT 19.00-19.45 Xavier Pool | GROOVE N' JAZZ ▲ 19.15-20.15 Willy Motion | CYCLOBEAT ▲ 19.30-20.30 Jacob Cadence | | | |
| CYCLOBEAT ▲ 19.15-20.15 Jacob Cadence | HOT FLOW 19.30-20.30 Anna Zen | SWIMMING TECHNIQUES ● 19.30-20.15 Ben Pool | ASHTANGA LED PRIMARY 19.45-21.15 Elena Zen | | | |
| BODYSTEP™ 19.15-20.15 Angie Energy | AMERICAN JAZZ 19.45-20.45 Jean-Luc Motion | | | | | |
| BODYPUMP™ 20.15-21.15 Angie Energy | SWIMMING TECHNIQUES ◆ 20.00-20.45 Tolga Pool | | | | | |

INSTRUCTORS AND SCHEDULES MAY CHANGE.
ACCESS THE LATEST TIMETABLE AND BOOK YOUR
CLASSES IN ADVANCE ON THE APP.

LES INSTRUCTEURS ET LES HORAIRES PEUVENT
VARIER. CONSULTEZ LE PLANNING ACTUEL ET
RÉSERVEZ VOS COURS À L'AVANCE VIA L'APP.

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| | MORNING MATIN | | Beginner Débutant |
| | AFTERNOON APRÈS-MIDI | | Intermediate Intermédiaire |
| | EVENING SOIRÉE | | Advanced Avancé |
| | NEW New class Nouveau cours | | |