

STUDIO CLASS TIMETABLE From 09/01 onwards | À partir du 09/01

CLASSES AND INSTRUCTORS CAN BE SUBJECT TO CHANGE.
FIND THE MOST UP-TO-DATE TIMETABLE ON THE APP.

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.

MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
TRIBALFIT CORE 07.30-08.00 Wellbeing Advisor TribalFit	TRIBAL HIIT 07.30-08.00 Wellbeing Advisor TribalFit	TRIBALFIT CORE 07.30-08.00 Wellbeing Advisor TribalFit	AQUAFIT 07.30-08.15 Xavier Pool	TRIBALFIT STRENGTH 07.30-08.15 Wellbeing Advisor TribalFit	BODYPUMP™ 09.15-10.15 Angie Energy	VINYASA FLOW 09.30-10.45 Anna Zen
AQUABIKE 07.30-08.15 Nicole Pool	CYCLING 07.30-08.30 Jérôme Cadence	POWER YOGA 07.30-08.15 Elena Zen	HATHA YOGA 10.00-11.00 Monica Zen	CYCLING 07.30 - 08.30 Jérôme Cadence	HATHA YOGA 09.30-10.30 Monica Zen	LES MILLS CORE™ 10.30-11.00 Olivier Energy
BODYPUMP™ 07.45-08.30 Aurélie Energy	PILATES ● 10.30-11.30 Olivia Zen	BODYPUMP™ 07.45-08.30 Aurélie Energy	GYM DOUCE 11.00-11.45 David Energy	STRETCHING 10.00-11.00 Nancy Zen	LES MILLS CORE™ 10.30-11.00 Sylvia Energy	PILATES ▲ 11.00-12.00 Ninette Zen
TRIBALFIT AGILITY 10.00-10.45 Wellbeing Advisor TribalFit	AQUABIKE 11.30-12.15 Xavier Pool	AQUAFIT 10.30-11.15 Xavier Pool	PILATES ● 12.30-13.15 Ninette Zen	TRX® 11.15-12.00 Nancy Zen	CYCLING 14+ 10.30-12.00 Jean-Philippe Cadence	LES MILLS TONE™ 11.00-11.45 Olivier Energy
AQUAFIT 10.30-11.15 Geny Pool	LES MILLS CORE™ 12.00-12.30 Samir Energy	MEDITATION 11.30-12.15 Morgan Zen	AQUAFIT 12.30-13.15 Joëlle Pool	BODYPUMP™ 11.30 - 12.30 Hervé Energy	TAI-CHI CHUAN 10.45-11.45 Sophie Energy	TRIBALFIT CONDITIONNING 11.30-12.30 Wellbeing Advisor TribalFit
MEDITATION 11.15-12.15 Fiona Zen	YIN YOGA (NEW) 12.30-13.30 Ramona Zen	CYCLING 14+ 12.15-13.15 Cindy Cadence	LES MILLS TONE™ 12.30-13.15 Sylvia Energy	HATHA YOGA 12.30-13.15 Elena Zen	BODYPUMP™ 11.00-12.00 Sylvia Energy	SWISSBALL PILATES 11.45-12.30 Ninette Zen
KUNDALINI YOGA 12.15-13.15 Fiona Zen	BODYCOMBAT 12.45-13.30 Samir Energy	AQUAFIT 12.30-13.15 AnnaV Pool	CYCLING 12.30-13.30 Peter Cadence	BODYPUMP™ 12.30-13.30 Hervé Energy	TRIBALFIT CONDITIONNING 11.30-12.30 Wellbeing Advisor TribalFit	BODYPUMP™ 12.00-13.00 Nathan Energy
BODYPUMP™ 12.30-13.30 Khalid Energy	CYCLING 12.20-13.10 Peter Cadence	TRX® ◆ 12.30-13.15 Santo Zen	SWISSBALL PILATES 13.15-14.00 Olivia Zen	BODYATTACK™ 13.00-14.30 Hervé Energy	BODYSTEP™ 12.00-13.00 Sylvia Energy	BALLET ● 14+ 13.00-14.00 Jean-Luc Zen
CYCLING 12.30-13.30 Paolo Cadence	AQUAFIT 13.00-13.45 Omar Pool	SH'BAM 14+ 12.30-13.15 Lucia Energy	AQUABIKE 13.30-14.15 Joëlle Pool	CYCLING 12.30-13.30 Isabelle Cadence	PILATES ◆ 12.30-13.30 Claire Zen	BODYATTACK™ 13.00-14.00 Nathan Energy
AQUABIKE 13.00-13.45 Anco Pool	CYCLING 13.15-14.00 Peter Cadence	TRIBALFIT CONDITIONNING 12.45-13.30 Samir TribalFit	AQUABIKE 18.00-18.45 Nicole Pool	ASHTANGA YOGA 13.15-14.00 Elena Zen	AQUAFIT 12.45-13.30 AnnaV Pool	CYCLING 13.15-14.15 Jérôme Cadence
PILATES ▲ 13.30-14.15 Chris Zen	BODYPUMP™ 13.30-14.30 Samir Energy	GARUDA® 13.30-14.15 Serge Zen	BODYPUMP™ 18.00-19.00 Arina Energy	TRIBALFIT CONDITIONNING 17.30-18.30 Wellbeing Advisor TribalFit	SH'BAM™ 14+ 13.15-14.00 Farah Energy	STRETCH & TONE™ 14.00-15.00 Jean-Luc Zen
ZUMBA 13.45-14.30 Sarah Energy	ZUMBA 17.30-18.30 Sarah Energy	AQUAFIT 17.30-18.15 Xavier Pool	BODYART®: FLOW TO STRENGTH 18.00-19.00 Ulli Zen	SH'BAM™ 18.00-18.45 Olivier Energy	AQUABIKE 13.45-14.30 AnnaV Pool	AQUAFIT 15.00-15.45 Joëlle Pool
BODYPUMP™ 17.00 - 17.50 Ninette Energy	AQUAFIT 18.00-18.45 Joëlle Pool	VINYASA FLOW 18.00-19.00 Gilles Zen	CYCLING 18.30-19.30 Peter Cadence	CYCLING 18.00-19.00 Cindy Cadence	PILATES ● 13.45-14.45 Claire Zen	TRANCE 15.00-16.00 Jean-Luc Energy
AQUAFIT 17.15-18.00 Omar Pool	HATHA YOGA 18.00-19.00 Monica Zen	BODYCOMBAT™ 18.00-19.00 Samir Energy	TRIBALFIT CONDITIONNING 18.30-19.30 Wellbeing Advisor TribalFit	PILATES ▲ 18.00-19.00 Claire Zen	YOGA FOR DEEP CORE 16.00-17.00 Josick Zen	YIN YOGA 15.15-16.15 Anna Zen
LEGS, BUMS, TUMS 18.00-19.00 David Energy	CYCLING 18.30-19.30 Jérôme Cadence	AQUAFIT 18.30-19.15 Xavier Pool	AQUAFIT 19.00-19.45 Nicole Pool	BALLET ▲ 19.00-20.00 Jean-Luc Energy	YOGA PRENATAL 17.00-18.15 Josick Zen	AQUAFIT 16.00-16.45 Joëlle Pool
BODYART BASIC® 18.00-19.00 Serge Zen	TRIBALFIT CONDITIONNING 18.30-19.30 Wellbeing Advisor TribalFit	CYCLING 18.30-19.30 Meike Cadence	ASHTANGA YOGA 19.15-20.45 Elena Zen	SWISSBALL PILATES 19.15-20.15 Claire Zen		BODYPUMP™ 16.15-17.15 Khalid Energy
AQUAFIT 18.15-19.00 Omar Pool	STRETCH & TONE™ 18.45-19.45 Jean-Luc Energy	HATHA YOGA 19.00-20.00 Gilles Zen	BODYATTACK™ 19.00-20.00 Arina Energy	STRETCH & TONE™ 20.00 - 21.00 Jean-Luc Energy		AQUABIKE 17.00-17.45 Joëlle Pool
CYCLING 18.30-19.30 Anco Cadence	AQUAFIT 19.00-19.45 Joëlle Pool	BODYPUMP™ 19.00-20.00 Samir Energy				CYCLING 17.00-18.00 Anco Cadence
AQUAFIT 19.15-20.00 Omar Pool	VINYASA FLOW 19.15-20.15 Anna Zen	SELF-DEFENSE 19.00 - 20.00 Patrick TribalFit				BODYCOMBAT™ 17.15-18.15 Khalid Energy
BODYART® PURE 19.00-20.00 Serge Zen	SWIMMING TECHNIQUES 20.00-20.45 Tolga Pool	SWIMMING TECHNIQUES 19.30-20.15 Ben Pool				
FITDANCE 19.00-20.00 David Energy	AMERICAN JAZZ 19.45-20.45 Jean-Luc Energy	URBAN DANCE 20.15-21.15 Willy Energy				
BOXING WORKOUT 20.30-21.30 Florent Energy		BALLET ▲ 20.15-21.15 Aki Zen				

ALL CLASSES MUST BE BOOKED IN ADVANCE USING THE MYASPRIA APP

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

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