

# STUDIO CLASS TIMETABLE From 01/07 onwards | À partir du 01/07

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
<b>TRIBALFIT CORE</b> 07.30-08.00   Wellbeing Advisor   TribalFit	<b>TRIBAL HIIT</b> 07.30-08.00   Wellbeing Advisor   TribalFit	<b>TRIBALFIT CORE</b> 07.30-08.00   Wellbeing Advisor   TribalFit	<b>TRIBALFIT CORE</b> 07.30-08.00   Wellbeing Advisor   TribalFit	<b>TRIBALFIT STRENGTH</b> 07.30-08.15   Wellbeing Advisor   TribalFit	<b>BODYPUMP™</b> 09.15-10.15   Angie   Energy	<b>VINYASA FLOW</b> 09.30-10.45   Anna   Zen
<b>AQUABIKE</b> 07.30-08.15   Nicole   Pool	<b>CYCLING</b> 07.30-08.30   Jérôme   Cadence	<b>BODYPUMP™</b> 07.45-08.30   Aurélie   Energy	<b>AQUAFIT</b> 07.30-08.15   Xavier   Pool	<b>STRETCHING</b> 10.00-11.00   Nancy   Zen	<b>HATHA YOGA</b> 09.30-10.30   Monica   Zen	<b>LES MILLS CORE™</b> 10.30-11.00   Olivier   Energy
<b>BODYPUMP™</b> 07.45-08.30   Aurélie   Energy	<b>PILATES ●</b> 10.30-11.30   Olivia   Zen	<b>AQUAFIT</b> 10.30-11.15   Xavier   Pool	<b>HATHA YOGA</b> 10.00-11.00   Monica   Zen	<b>TRX®</b> 11.15-12.00   Nancy   Zen	<b>LES MILLS CORE™</b> 10.30-11.00   Sylvia   Energy	<b>PILATES ▲</b> 11.00-12.00   Ninette   Zen
<b>TRIBALFIT AGILITY</b> 10.00-10.45   Wellbeing Advisor   TribalFit	<b>AQUABIKE</b> 11.30-12.15   Xavier   Pool	<b>CYCLING</b> 12.15-13.15   Cindy   Cadence	<b>PILATES ●</b> 12.30-13.15   Eloïse   Zen	<b>HATHA YOGA</b> 12.30-13.15   Elena   Zen	<b>CYCLING</b> 10.30-12.00   Jean-Philippe   Cadence	<b>LES MILLS TONE™</b> 11.00-11.45   Olivier   Energy
<b>AQUAFIT</b> 10.30-11.15   Geny   Pool	<b>LES MILLS CORE™</b> 12.15-12.45   Samir   Energy	<b>AQUAFIT</b> 12.30-13.15   Anna V   Pool	<b>AQUAFIT</b> 12.30-13.15   Joëlle   Pool	<b>BODYPUMP™</b> 12.30-13.30   Hervé   Energy	<b>TAI-CHI CHUAN</b> 10.45-11.45   Thierry   Energy	<b>TRIBALFIT CONDITIONNING</b> 11.30-12.30   Wellbeing Advisor   TribalFit
<b>MEDITATION</b> 11.45-12.15   Fiona   Zen	<b>CYCLING</b> 12.20-13.10   Peter   Cadence	<b>TRX®</b> 12.30-13.15   Santo   Zen	<b>LES MILLS TONE™</b> 12.30-13.15   Sylvia   Energy	<b>CYCLING</b> 12.30-13.30   Isabelle   Cadence	<b>BODYPUMP™</b> 11.00-12.00   Sylvia   Energy	<b>SWISSBALL PILATES</b> 12.00-12.45   Ninette   Zen
<b>KUNDALINI YOGA</b> 12.15-13.15   Fiona   Zen	<b>YIN YOGA</b> 12.30-13.30   Ramona   Zen	<b>SH'BAM</b> 12.30-13.15   Lucia   Energy	<b>CYCLING</b> 12.30-13.30   Peter   Cadence	<b>ASHTANGA YOGA</b> 13.15-14.00   Elena   Zen	<b>TRIBALFIT CONDITIONNING</b> 11.30-12.30   Wellbeing Advisor   TribalFit	<b>BODYPUMP™</b> 12.30-13.30   Nathan   Energy
<b>BODYPUMP™</b> 12.30-13.30   Khalid   Energy	<b>BODYCOMBAT™</b> 12.45-13.30   Samir   Energy	<b>TRIBALFIT CONDITIONNING</b> 12.45-13.30   Samir   TribalFit	<b>SWISSBALL PILATES</b> 13.15-14.00   Eloïse   Zen	<b>BODYATTACK™</b> 13.30-14.30   Hervé   Energy	<b>PILATES</b> 12.30-13.30   Claire   Zen	<b>BALLET ●</b> 13.00-14.00   Jean-Luc   Zen
<b>CYCLING</b> 12.30-13.30   Paolo   Cadence	<b>AQUAFIT</b> 13.00-13.45   Omar   Pool	<b>GARUDA®</b> 13.30-14.15   Serge   Zen	<b>AQUABIKE</b> 13.30-14.15   Joëlle   Pool	<b>TRIBALFIT CONDITIONNING</b> 17.30-18.30   Wellbeing Advisor   TribalFit	<b>AQUAFIT◆</b> 12.45-13.30   Anna V   Pool	<b>BODYATTACK™</b> 13.30-14.30   Nathan   Energy
<b>AQUABIKE</b> 13.00-13.45   Anco   Pool	<b>CYCLING</b> 13.15-14.00   Peter   Cadence	<b>AQUAFIT</b> 17.00-17.45   Xavier   Pool	<b>AQUABIKE</b> 18.00-18.45   Nicole   Pool	<b>SH'BAM™</b> 18.00-18.45   Olivier   Energy	<b>SH'BAM™</b> 13.15-14.00   Farah   Energy	<b>CYCLING</b> 13.30-14.30   Jérôme   Cadence
<b>PILATES ▲</b> 13.30-14.15   Chris   Zen	<b>BODYPUMP™</b> 13.30-14.30   Samir   Energy	<b>VINYASA FLOW</b> 18.00-19.00   Gilles   Zen	<b>BODYPUMP™</b> 18.00-19.00   Arina   Energy	<b>PILATES ▲</b> 18.00-19.00   Claire   Zen	<b>AQUABIKE</b> 13.45-14.30   Anna V   Pool	<b>STRETCH &amp; TONE™</b> 14.00-15.00   Jean-Luc   Zen
<b>LEGS, BUMS, TUMS</b> 18.00-19.00   David   Energy	<b>ZUMBA</b> 17.30-18.30   Sarah   Energy	<b>BODYCOMBAT™</b> 18.00-19.00   Samir   Energy	<b>BODYART®: FLOW TO STRENGTH (NEW)</b> 18.00-19.00   Ulli   Zen	<b>BALLET ▲</b> 19.00-20.00   Jean-Luc   Energy	<b>YOGA PRENATAL</b> 17.15-18.15   Josick   Zen	<b>AQUAFIT</b> 15.00-15.45   Joëlle   Pool
<b>BODYART FOUNDATION®</b> 18.00-19.00   Serge   Zen	<b>AQUAFIT</b> 18.00-18.45   Joëlle   Pool	<b>AQUAFIT</b> 18.00-18.45   Xavier   Pool	<b>CYCLING</b> 18.30-19.30   Peter   Cadence	<b>SWISSBALL PILATES</b> 18.00-19.00   Anco   Studio		<b>YIN YOGA</b> 15.15-16.15   Anna   Zen
<b>AQUAFIT</b> 18.15-19.00   Omar   Pool	<b>HATHA YOGA</b> 18.00-19.00   Monica   Zen	<b>CYCLING</b> 18.30-19.30   Steve   Cadence	<b>TRIBALFIT CONDITIONNING</b> 18.30-19.30   Wellbeing Advisor   TribalFit			<b>AQUAFIT</b> 16.00-16.45   Joëlle   Pool
<b>CYCLING</b> 18.30-19.30   Anco   Cadence	<b>CYCLING</b> 18.30-19.30   Isabelle   Cadence	<b>HATHA YOGA</b> 19.00-20.00   Gilles   Zen	<b>AQUAFIT</b> 19.00-19.45   Nicole   Pool			<b>RELAXATION PROFONDE</b> 16.15-17.15   Michelle   Zen
<b>AQUAFIT</b> 19.15-20.00   Omar   Pool	<b>TRIBALFIT CONDITIONNING</b> 18.30-19.30   Wellbeing Advisor   TribalFit	<b>BODYPUMP™</b> 19.00-20.00   Samir   Energy	<b>ASHTANGA YOGA</b> 19.15-20.15   Elena   Zen			<b>AQUABIKE</b> 17.00-17.45   Joëlle   Pool
<b>BODYART® PURE</b> 19.00-20.00   Serge   Zen	<b>STRETCH &amp; TONE™</b> 18.45-19.45   Jean-Luc   Energy	<b>SWIMMING TECHNIQUES</b> 19.30-20.15   Ben   Pool	<b>BODYATTACK™</b> 19.00-20.20   Arina   Energy			<b>CYCLING</b> 17.00-18.00   Anco   Cadence
<b>AEROFLEX™</b> 19.00-20.00   David   Energy	<b>AQUAFIT</b> 19.00-19.45   Joëlle   Pool	<b>URBAN DANCE</b> 20.15-21.15   Willy   Energy				
	<b>VINYASA FLOW</b> 19.15-20.15   Anna   Zen					
	<b>AMERICAN JAZZ</b> 19.45-20.45   Jean-Luc   Energy					

ALL CLASSES MUST BE BOOKED IN ADVANCE USING THE MYASPRIA APP

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

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