

PLANNING

COURS LIVE

JUIN 2026

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	
Matin	<ul style="list-style-type: none"> 8h00-8h45 C.A.F 9h15-10h00 PILATES 10h15-11h00 CROSS TRAINING 	<ul style="list-style-type: none"> 8h00-9h00 PILATES REFORMER 9h15-10h00 YOGA 10h15-11h00 SHAPES 	<ul style="list-style-type: none"> 9h15-10h00 SHAPES 9h15-10h15 PILATES REFORMER 10h15-11h00 PILATES 	<ul style="list-style-type: none"> 8h00-8h45 BODYPUMP 9h15-10h00 RPM 10h15-11h15 PILATES REFORMER 	<ul style="list-style-type: none"> 9h15-10h00 C.A.F 10h15-11h00 BODYPUMP 	<ul style="list-style-type: none"> 9h00-10h00 BODYPUMP 10h15-11h00 RPM 10h15-11h15 PILATES REFORMER 11h15-12h15 CROSS TRAINING 	
	Midi	<ul style="list-style-type: none"> 12h30-13h15 BODYPUMP 12h30-13h15 PILATES REFORMER 	<ul style="list-style-type: none"> 12h30-13h15 PILATES 12h30-13h00 CROSS TRAINING 	<ul style="list-style-type: none"> 12h30-13h15 SHAPES 12h30-13h00 RPM 	<ul style="list-style-type: none"> 12h15-13h15 PILATES REFORMER 12h30-13h15 CROSS TRAINING 	<ul style="list-style-type: none"> 12h30-13h30 YOGA 	<ul style="list-style-type: none"> 14h00-15h00 PILATES REFORMER
		Soir	<ul style="list-style-type: none"> 17h30-18h15 SHAPES 18h00-19h00 PILATES REFORMER 18h30-19h15 BODYPUMP 19h30-20h15 BODYJAM 19h15-20h00 RPM 	<ul style="list-style-type: none"> 17h30-18h15 C.A.F 18h15-19h00 BODYCOMBAT 19h15-20h00 SHAPES 19h00-19h45 RPM 19h00-20h00 PILATES REFORMER 20h15-21h15 YOGA 	<ul style="list-style-type: none"> 17h15-18h15 PILATES REFORMER 17h30-18h15 CROSS TRAINING 18h30-19h15 C.A.F 18h30-19h15 RPM 19h30-20h15 BODYPUMP 	<ul style="list-style-type: none"> 17h30-18h15 PILATES 18h30-19h15 BODYJAM 18h15-18h45 RPM 19h00-19h45 CROSS TRAINING 20h00-21h00 PILATES REFORMER 	<ul style="list-style-type: none"> 17h30-18h15 BODYPUMP 18h30-19h15 SHAPES 18h30-19h30 PILATES REFORMER 19h30-20h15 BODYCOMBAT

C Cardio-Training

R Renforcement

MD Méthode Douce

TT Team Training

D Danse