

# PLANNING FITNESS 2026/2027

| LUNDI                               | MARDI                         | MERCREDI                       | JEUDI                               | VENDREDI                                      | SAMEDI                                                                                                                                                                                                                                    | DIMANCHE                                      |
|-------------------------------------|-------------------------------|--------------------------------|-------------------------------------|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
|                                     |                               |                                |                                     | 9H00 [60']<br>HATHA YOGA<br>RENFO & OUVERTURE |                                                                                                                                                                                                                                           |                                               |
| 9H30 [45']<br>SUPER ABDOS FESSIERS  | 9H30 [45']<br>CYCLING         | 9H30 [45']<br>MOBILITÉ 360     | 9H30 [45']<br>FULL ABDOS<br>ET BRAS | 9H45 [45']<br>CYCLING                         | 9H45 [45']<br>FULL BODY CARDIO /<br>PILATES FLOW                                                                                                                                                                                          |                                               |
| 10H15 [45']<br>UPPER BODY           | 10H30 [45']<br>HEALTHY ZEN    | 10H15 [45']<br>STRETCH & RELAX | 10H15 [45']<br>BALL TRAINING        | 10H30 [45']<br>PUMP                           | 10H30 [45']<br>VENTRE PLAT / TAILLE /<br>FESSIERS                                                                                                                                                                                         | 10H30 [45']<br>SCULPT 360<br>(cours éphémère) |
| 12H30 [45']<br>PILATES FLOW         | 12H30 [45']<br>FIT & TRAINING |                                | 12H30 [45']<br>CYCLING              | 12H30 [45']<br>FIT & TRAINING                 | 11H15 [45']<br>STRETCH & RELAX                                                                                                                                                                                                            |                                               |
| 18H00 [45']<br>CYCLING              | 18H00 [45']<br>TRX            | 18H00 [45']<br>BODY SCULPT     | 18H00 [45']<br>PUMP                 | 18H15 [45']<br>MOBILITÉ & GAINAGE             | 12H00 [45']<br>ESCALE HYPNOSE<br>(1 samedi par mois)                                                                                                                                                                                      |                                               |
| 18H45 [45']<br>SUPER ABDOS FESSIERS | 18H50 [45']<br>PUMP           | 18H45 [45']<br>FIT CARDIO      | 18H30 [60']<br>FIT & RUN            |                                               | <div><div></div> Renforcement musculaire</div> <div><div></div> Cardio-training</div> <div><div></div> Détente, étirements et relaxation</div> <div><div></div> Small Group Training</div> <div><div></div> Réservation obligatoire</div> |                                               |
|                                     | 19H00 [60']<br>FIT & RUN      |                                | 18H45 [45']<br>SUPER ABDOS FESSIERS | 19H00 [60']<br>YOGA VINYASA                   |                                                                                                                                                                                                                                           |                                               |
| 19H30 [60']<br>YOGA VINYASA DOUX    | 19H45 [45']<br>CYCLING        | 19H30 [45']<br>U CAN DANCE     | 19H30 [45']<br>PILATES FLOW         |                                               |                                                                                                                                                                                                                                           |                                               |