

# TERRESTRE

## LUNDI

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10 H 10 RENFO CARDIO  
11 H 15 BODYBALANCE  
17 H 30 LM CORE (CX)  
17 H 30 GRIT ATHLETIC  
18 H 05 BODYSTEP

18 H 05 HBX BOXING  
18 H 35 CROSS TRAINING  
19 H 10 BODYJAM  
19 H 10 BODYBALANCE  
19 H 15 BODYPUMP (45')

## MARDI

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10 H 10 ABDOS-FESSIERS (45')  
11 H 15 LESMILLS DANCE  
12 H 15 BODYPUMP (45')  
12 H 15 GLOBALE DETENTE  
17 H 30 LESMILLS SHAPES

18 H 05 BODYATTACK  
18 H 05 BODYCOMBAT  
19 H 10 PILATES  
19 H 10 BODYPUMP (45')

## MERCREDI

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09 H 05 PILATES  
09 H 35 LM CORE (CX)  
10 H 10 YOGA  
11 H 15 STRETCHING  
17 H 30 ABDOS-FESSIERS (30')  
18 H 05 LESMILLS DANCE

18 H 05 STRENGTH DEVELOPMENT (30')  
18 H 05 HBX BOXING  
18 H 35 GRIT CARDIO  
18 H 45 BODYBALANCE (30')  
19 H 10 STEP FREESTYLE

## JEUDI

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10 H 10 RENFO MUSCU  
11 H 15 SWISS BALL  
17 H 50 BODYJAM  
18 H 05 HBX BOXING  
18 H 30 YOGA  
18 H 35 BODYPUMP (30')  
19 H 30 LESMILLS DANCE VIRTUAL

## VENDREDI

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09 H 30 LESMILLS SHAPES  
10 H 10 ABDOS AUTREMENT  
11 H 15 GLOBALE DETENTE  
17 H 30 SWISS BALL (30')  
17 H 30 GRIT FORCE  
18 H 05 BODYPUMP (45')  
18 H 25 KICK POWER  
19 H 35 ZUMBA

## SAMEDI

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09 H 05 PILATES  
10 H 15 STRENGTH DEVELOPMENT  
10 H 10 CROSS TRAINING  
11 H 15 CROSS TRAINING  
11 H 15 PILATES  
12 H 15 BODYBALANCE (45')

## DIMANCHE

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09 H 05 BODYBALANCE  
10 H 10 BODYPUMP  
10 H 30 HBX BOXING  
11 H 15 BODYATTACK  
11 H 15 LESMILLS CORE (30')

# CYCLING

## LUNDI

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09 H 05 RPM  
11 H 15 THE TRIP  
18 H 00 SPRINT  
18 H 35 RPM  
19 H 10 RPM XL

## MERCREDI

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09 H 00 SPRINT  
10 H 10 RPM  
11 H 15 RPM VIRTUEL  
18 H 05 RPM  
19 H 10 RPM VIRTUEL

## VENDREDI

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09 H 30 SPRINT  
10 H 10 RPM XL  
11 H 15 THE TRIP  
18 H 05 RPM

## DIMANCHE

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09 H 30 SPRINT  
10 H 10 RPM  
11 H 15 THE TRIP

## MARDI

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09 H 30 SPRINT VIRTUEL  
10 H 10 RPM VIRTUEL  
17 H 30 THE TRIP  
18 H 05 RPM

## JEUDI

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09 H 30 RPM VIRTUEL  
10 H 10 RPM VIRTUEL  
18 H 35 SPRINT  
19 H 15 RPM 30'

## SAMEDI

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11 H 15 RPM  
12 H 05 RPM VIRTUEL

# AQUATIQUE

## LUNDI

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09 H 05 AQUAGYM  
10 H 10 AQUADYNAMIC  
11 H 15 AQUAGYM

18 H 15 AQUADYNAMIC  
19 H 10 AQUAWORK  
20 H 05 AQUABODYBIKE (30')

## MARDI

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09 H 05 AQUAGYM  
10 H 10 AQUATONUS  
11 H 15 AQUAGYM

18 H 05 AQUAGYM  
19 H 15 AQUABODYBIKE

## MERCREDI

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10 H 10 AQUAGYM  
11 H 15 AQUAWORK

17 H 30 AQUACOMBAT  
18 H 05 AQUADYNAMIC  
19 H 10 AQUAGYM

## JEUDI

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10 H 10 AQUAGYM  
11 H 15 AQUABODYBIKE

18 H 05 AQUAWORK  
19 H 10 AQUABODYBIKE

## VENDREDI

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10 H 10 AQUAGYM  
11 H 15 RENFO AQUA

16 H 30 AQUAGYM

## SAMEDI

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13 H 20 AQUAGYM  
14 H 05 AQUABIKE

## DIMANCHE

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13 H 15 AQUACOMBAT

# JUNIOR

## LUNDI

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16 H 45 NATATION 1  
17 H 30 NATATION 2

## MERCREDI

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13 H 25 NATATION 1 (30')  
14 H 00 NATATION 2  
14 H 00 VITAL MOVE 4-6 ANS  
15 H 00 NATATION 1  
15 H 00 VITAL MOVE 7-12 ANS  
16 H 00 NATATION 3

## JEUDI

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16 H 45 NATATION 1

## VENREDI

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16 H 45 BABYMOVE  
17 H 30 BÉBÉS NAGEURS 24-48 MOIS  
17 H 30 BABY MOVE  
18 H 05 BÉBÉS NAGEURS 12-23 MOIS

## SAMEDI

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08 H 05 BÉBÉS NAGEURS 4-11 MOIS  
08 H 40 BÉBÉS NAGEURS 12-23 MOIS  
09 H 15 BÉBÉS NAGEURS 24-36 MOIS  
09 H 50 BÉBÉS NAGEURS 37-48 MOIS  
10 H 30 NATATION 3

10 H 30 VITAL MOVE 4-6 ANS  
11 H 30 NATATION 1  
11 H 30 VITAL MOVE 7-12 ANS  
12 H 30 NATATION 2

## DIMANCHE

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08 H 05 BÉBÉS NAGEURS 24-48 MOIS  
08 H 40 BÉBÉS NAGEURS 4-11 MOIS  
09 H 15 BÉBÉS NAGEURS 24-36 MOIS  
09 H 50 BÉBÉS NAGEURS 37-48 MOIS  
09 H 55 BABY MOVE

10 H 25 BÉBÉS NAGEURS 12-23 MOIS  
10 H 30 BABY MOVE  
11 H 00 BÉBÉS NAGEURS 12-23 MOIS  
11 H 35 NATATION 1  
12 H 25 NATATION 2/3

