

Fitness Classes (Valid from 2024 april 01st to june 30th)

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	
AM	8am	Fit HIIT Antoine	Intensity	8am	TAF Louise	Intensity	8am	Cardio Sculpt System Patty	Intensity	8am	TAF Corine	Intensity	8.30am	Bosu Training Antoine	Intensity	10.30 am	Kundalini Yoga Charlotte	Relax	10am	Wake-Up Yoga Malik	Move	
	9am	Body Sculpt Corine	Intensity	9.15am	Yin Yoga Sylvie	Relax	9am	TAF Patty	Intensity	8.30am	Spinning (Intervals) Christophe	Spinning	9.45am	TAF Delis	Intensity				11am	Body Sculpt Patty	Intensity	
	10am	Pilates Matwork Christopher	Move	10.15am	Aqua Fitness Sylvie	Aqua Classes	10.15am	Pilates Matwork Sylvie	Move	9am	Cardio Interval Training Antoine	Intensity	10am	Bungypump Didier	Move				12am	Spinning (Endurance) Jessica	Spinning	
	10am	Aqua Fitness Aurélie	Aqua Classes	10.30am	Conscience Corporelle Isabelle	Relax	10.15am	Aqua Fitness Patty	Aqua Classes	9.30am	Aqua Fitness Delis	Aqua Classes	11am	Aqua Fitness Delis	Aqua Classes							
	11am	Core & Stretch Flow Elise	Intensity				11am	Aqua Sculpt Elise	Aqua Classes	10.15am	Aqua Fitness Delis	Aqua Classes	11.15am	Hatha Yoga Colette	Move							
							11.30am	Fit on Ball Laurent	Move	11am	Gi Gong - Taiji Quan Thierry	Move										
APM	12.15am	Gym Dos Laurent	Move	12.30am	Gym Dos Laurent	Move	12.30 am	Kundalini Yoga Charlotte	Relax				1.30pm	Gym Dos Laurent	Move	2pm	Cardio Interval Training Antoine	Intensity	1pm	Stretching Jessica	Relax	
				1.45pm	Gym Douce Isabelle	Move	4pm	Gym Dos Laurent	Move													
PM	6pm	Spinning (Strength) Albert	Spinning	5pm	Gi Gong - Taiji Quan Thierry	Move	6pm	Spinning (Intervals) Jessica	Spinning	6pm	Power Yoga Malik	Move	6pm	Spinning (Endurance) Albert	Spinning	5.30pm	Spinning (Spin Power) Jean-Philippe	Spinning				
	6pm	Pilates Barbara	Move	6.30pm	TBC Jessica	Intensity	7.15pm	Body Step Jessica	Intensity	6.15pm	Aqua Kick Boxing Patty	Aqua Classes										
	6.15pm	Aqua Fitness Patty	Aqua Classes	7.30pm	Spinning (Intervals) Jessica	Spinning				7.15pm	Freestyle Danse Tanja	Intensity										
	7pm	Aero Fit Patty	Intensity	8pm	Cardio Boxing Antoine	Intensity																

Legend:

	Relax		Intensity
	Balance		Spinning
	Move		Aqua Classes

Please book your class in advance

