

Fitness Classes (Valid from 2024 september 16th to 2025 january 5th)

	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 <i>Antoine</i>	Move	8am	TAF <i>Louise</i>	Move	8am	Run & Move <i>Christophe</i>	Move	8am	TAF <i>Corine</i>	Move	8.30am	Bosu Training <i>Antoine</i>	Move	10.30 am	Kundalini Yoga <i>Charlotte</i>	Relax	10am	Wake-Up Yoga <i>Malik</i>	Move
	9am	Body Sculpt <i>Corine</i>		9.15am	Yin Yoga <i>Sylvie</i>		8am	Wake-up Fit <i>Renaud</i>		8.30am	Spinning (Intervals) <i>Christophe</i>		9.45am	TAF <i>Delis</i>		11am	Body Sculpt <i>Patty</i>				
	10am	Pilates Matwork <i>Christopher</i>		10.15am	Aqua Fitness <i>Sylvie</i>		9am	TAF <i>Patty</i>		9am	Cardio Interval Training <i>Antoine</i>		11am	Aqua Fitness <i>Delis</i>		12am	Spinning (Endurance) <i>Jessica</i>				
	10am	Aqua Fitness <i>Aurélie</i>		10.30am	Conscience Corporelle <i>Isabelle</i>		10.15am	Pilates Matwork <i>Sylvie</i>		9.30am	Aqua Fitness <i>Delis</i>		11.15am	Hatha Yoga <i>Colette</i>							
	11am	Core & Stretch Flow <i>Elise</i>					10.15am	Aqua Fitness <i>Patty</i>		10.15am	Aqua Fitness <i>Delis</i>										
							11.15am	Aqua Sculpt <i>Elise</i>		11am	Gi Gong - Taiji Quan <i>Thierry</i>										
APM	12.15am	Gym Dos <i>Laurent</i>		12.30am	Gym Dos <i>Laurent</i>		12.30 am	Kundalini Yoga <i>Charlotte</i>		1.30pm	Gym Dos <i>Laurent</i>		2pm	Cardio Interval Training <i>Antoine</i>		1pm	Stretching <i>Jessica</i>				
				1.45pm	Gym Douce <i>Isabelle</i>		4pm	Gym Dos <i>Laurent</i>													
PM	6pm	Spinning (Strength) <i>Albert</i>	Move	5pm	Gi Gong - Taiji Quan <i>Thierry</i>	Move	5.15pm	Pilates <i>Aurélie</i>	Move	6pm	Power Yoga <i>Malik</i>	Move	6pm	Spinning (Endurance) <i>Albert</i>	Move	5.30pm	Spinning (Spin Power) <i>Jean-Philippe</i>	Move			
	6pm	Pilates <i>Barbara</i>		6.30pm	TBC <i>Jessica</i>		6pm	Spinning (Intervals) <i>Jessica</i>		6.15pm	Aqua Kick Boxing <i>Patty</i>										
	6.15pm	Aqua Fitness <i>Patty</i>		7.30pm	Spinning (Intervals) <i>Jessica</i>		6.15pm	Latino Dance <i>Aurélie</i>													
	7pm	Aero Fit <i>Patty</i>		8pm	Cardio Boxing <i>Antoine</i>		7.15pm	Body Step <i>Jessica</i>													

Legend:

-  Relax
-  Balance
-  Intensity
-  Spinning
-  Move
-  Aqua Classes

Please book your class in advance

