

Fitness Classes (Valid from 2022 September 05th to December 31st)

	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>	[Intensity]	8am	TAF <i>Omar</i>	[Intensity]	8am	Cardio Defense System <i>Patty</i>	[Intensity]	9am	Spinning (Intervals) <i>Christophe</i>	[Spinning]	8.30am	Bosu Training <i>Guyroger</i>	[Intensity]	9.15am	Yogalates <i>Colette</i>	[Relax]	10am	Wake-Up Yoga <i>Malik</i>	[Relax]
	9am	Body Sculpt <i>Louise</i>		9.15am	Yin Yoga <i>Sylvie</i>		9am	TAF <i>Patty</i>		9.15am	Cardio Interval Training <i>Louise</i>		9.45am	TAF <i>Delis</i>		10.30 am	Kundalini Yoga <i>Charlotte</i>		11am	Body Sculpt <i>Patty</i>	
	10am	Pilates Matwork <i>Christopher</i>		10.15am	Aqua Fitness <i>Omar</i>		10.15am	Pilates Matwork <i>Sylvie</i>		10.15am	Aqua Fitness <i>Delis</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	Aqua Fitness <i>Patty</i>		11am	Gi Gong - Taiji Quan <i>Thierry</i>		11am	Hatha Yoga <i>Colette</i>							
	11am	Deep Sculpting <i>Elise</i>		11.30am	Fit on Ball <i>Laurent</i>																
	12.15am	Gym Dos <i>Laurent</i>		12.30am	Gym Dos <i>Laurent</i>		12.30am	Kundalini Yoga <i>Charlotte</i>		12.30pm	Bungypump <i>Jessica</i>										
APM				1.45pm	Gym Douce <i>Isabelle</i>		4.30pm	Sitting Pilates <i>Sylvie</i>	1.30pm	Gym Dos <i>Laurent</i>											
	6pm	Spinning (Strength) <i>Albert</i>	5pm	Gi Gong - Taiji Quan <i>Thierry</i>	6pm	Gym Dos <i>Laurent</i>	6pm	Power Yoga <i>Malik</i>	6pm	Spinning (Endurance) <i>Albert</i>	5.30pm	Spinning (Intervals) <i>Jean-Philippe</i>									
PM	6pm	Pilates <i>Barbara</i>	6.30pm	TBC <i>Jessica</i>	7pm	Spinning (Intervals) <i>Jessica</i>	7pm	TBC <i>Catherine</i>													
	6.15pm	Aqua Fitness <i>Patty</i>	7.30pm	Spinning (Intervals) <i>Jessica</i>	8.15pm	Body Step <i>Jessica</i>															
	7pm	Aero Fit <i>Patty</i>	8pm	Fit Defense <i>Antoine</i>																	
	8pm	Zumba <i>Patty</i>																			

Legend:

[Green]	Relax
[Yellow]	Balance
[Orange]	Move
[Pink]	Intensity
[Purple]	Spinning
[Blue]	Aqua Classes

Please book your class in advance

