

FITNESS CLASSES SCHEDULE from October 30 until December 16, 2017

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
7h		7.00 - 7.30 AM Booster Alex (G)		7.00 - 7.30 AM Booster Alex (G)			
9h30		9.30 - 10.30 Posture Gym Éric (J)		12.15 - 13.15 Shiatsu Mathis (J)	9.30 - 10.30 Pilates 1-2 Tika (J)	10.00 - 10.45 Spin-bootcamp Christophe (M) 11.00 - 11.30 Upper Body Christophe (G)	11.00 - 11.45 X-Plosive David (G)
12h	12.15 - 13.00 Abs-Power Laurent (G)	12.15 - 13.00 Cardio-ToniX Yasmine (M) 12.15 - 13.15 Pilates 2-3 Patricia (J)	12.15 - 13.00 WOD Athleti-X Éric (G)	12.15 - 13.00 Body Weight Maeva (M) 12.15 - 13.15 Soma Pilates Maudaline (J)	12.15 - 13.00 Spin-bootcamp Martin (M)	12.15 - 13.15 Pilates 1-2 Mathilde (J)	
16h							16.30 - 17.15 Spinning Martin (M)
17h	17.45 - 18.30 Body Weight Christophe (G) 18.00 - 19.15 Spin-Tonus Éric (M)	17.45 - 18.30 Body Design Maeva (M) 18.30 - 19.15 Military Cardio Laurent (G)	17.45 - 18.30 Abd n' Glutes Laurent (M) 18.30 - 19.00 Upper Body Christophe (G)	17.45 - 18.30 Cardio-ToniX Laurent (M)	17.45 - 18.30 KB Bootcamp Sami (G)	17.30 - 18.15 WOD Athleti-X David (G) 18.15 - 18.30 Abs Xpress David (G)	17.30 - 18.15 Team training David (G)
19h	19.00 - 20.00 Pilates 1-2 Valérie (J) 19.30 - 20.30 Muay Thai Boxing Jonathan (M)		19.00 - 19.45 Spinning Mia (M) 19.45 - 20.45 Pilates 2-3 Tika (J)				

Space

Class Category

G: gym
M: Multi
J: Jardin

Move n' Fun

Intensity

Vitality

LE
SAINT
JUDE
GYM & SPA