

FITNESS CLASS SCHEDULE from January 8 until April 1, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7h		7.00 - 7.30 AM Booster Alex (G)		7.00 - 7.30 AM Booster Alex (G)			
9h		9.30 - 10.30 Shiatsu Mathis (J)	9.30 - 10.30 Posture Gym Eric / Maeva (J)			10.00 - 10.45 Spin-bootcamp Christophe (M)	11.00 - 11.45 WOD Athleti-X David (G)
					10.30 - 11.30 Pilates 1-2 Tika (J)	11.00 - 11.45 Body Design Christophe (G)	11.45 - 12.00 Abs Xpress David (G)
12h	12.15 - 13.00 Abdos-Power Laurent (G)	12.15 - 13.00 Cardio ToniX Yasmine (M)	12.15 - 13.00 Tabata Xtra Eric (M)	12.15 - 13.00 Body Design Maeva (M)	12.15 - 13.00 Spin-bootcamp Martin (M)		
		12.15 - 13.15 Pilates 2-3 Patricia (J)		12.15 - 13.15 Soma Pilates Maudaline (J)		12.15 - 13.15 Pilates 1-2 Mathilde (J)	
16h							16.30 - 17.15 Spinning Martin (M)
17h		17.45 - 18.30 Body Design Maeva (M)	17.45 - 18.30 Abs n' Glutes Laurent (M)	17.45 - 18.30 X-Plosif Sami (G)		17.30 - 18.15 Team Training David (G)	17.30 - 18.00 Upper Body Sami (G)
18h	18.00 - 19.15 Spin-Tonus Christophe/Eric (M)	18.30 - 19.15 Tabata Xtra Laurent (M)	18.30 - 19.00 Upper Body Laurent (G)			18.15 - 18.30 Abs Xpress David (G)	
19h	19.00 - 20.00 Pilates 1-2 Valérie (J)		19.00 - 19.45 Spinning Mia (M)				
	19.30 - 20.30 Cardio Boxing Jonathan (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