

COURS COLLECTIFS

Gruppenkurse / Group Courses

LUNDI

09:00-10:00	Pilates	
12:30-13:30	Yoga	

17:30-18:20	F.A.C.	
17:30-18:20	Indoor Cycling	
18:30-19:20	HIIT	
18:30-19:20	Indoor Cycling	
19:00-19:45	Functional Training	
19:30-20:30	Pilates	

MARDI

09:00-09:50	Body Art	
09:00-10:00	Indoor Cycling	

17:30-18:20	Cardio Sculpt	
18:00-19:00	Indoor Cycling	
18:30-19:20	F.A.C.	
19:00-19:45	Functional Training	
19:30-20:30	Zumba	

MERCREDI

09:00-09:50	Pilates	
10:00-11:00	Bauch Beine Po	

17:30-18:20	HIIT	
18:00-19:00	Indoor Cycling	
18:30-19:20	Bodyworks	
19:00-19:45	Hyrox	
19:30-20:30	Pilates plancher pelvien	

JEUDI

09:00-10:00	École du dos	
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17:30-18:15	Functional Training	
18:00-19:00	Indoor Cycling	
18:30-19:20	Cardio Sculpt	
19:30-20:30	Yoga	

VENDREDI

08:30-09:15	Functional Training	
09:00-09:50	Gym Ball	
09:00-10:00	Indoor Cycling	
10:00-10:50	Abdo & Stretch	

17:30-18:30	Yoga	
18:30-19:15	Functional Training	

SAMEDI

09:00-10:00	Power Pilates	
10:00-11:00	Power Pilates	

*Indoor Cycling :
Watt Test chaque 1er samedi du mois à 10:00

DIMANCHE

09:00-10:00	Indoor Cycling	
09:30-10:30	Yoga	
10:10-11:10	Indoor Cycling	
10:30-11:15	Hyrox	



Horaires
Lundi au Vendredi : 07:00 - 22:00
Samedi : 08:30 - 18:00
Dimanche : 08:30 - 18:00
Jours fériés : 08:30 - 13:30

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Cardio



Silhouette
Figurformung
Body Shaping



Renforcement musculaire
Muskelkräftigung & Straffung
Muscle Strength



Régénération Active
Aktive Entspannung
Active Relaxation