





LUNDI Playground

U'360	07:30 - 08:00	 
Abdos 3D	08:00 - 08:30	
U'360	12:15 - 12:45	 
Fessiers 3D	12:45 - 13:15	
Tablettes	13:15 - 13:45	
U'Burn	18:00 - 18:45	
U'360	18:45 - 19:15	 
Body Attack	19:15 - 20:15	

studio

Post'Ure	19:00 - 19:30	
Yoga Vinyasa	20:00 - 21:00	



cycling

Go On!	18:15 - 19:00	
Go On!	19:15 - 20:00	

MARDI Playground

Yoga Detox	07:30 - 08:30	
Pilates	12:30 - 13:30	
Zumba	18:00 - 19:00	
Body Pump	19:00 - 20:00	






studio





Xtrême Abdos	18:30 - 19:00	
Mon 1er Flow	20:00 - 21:00	

cycling

Challenger	12:30 - 13:15	
Go On!	18:00 - 18:45	
Zone Rouge	19:00 - 20:00	

MERCREDI Playground

U'Cross	07:30 - 08:15	 
U'Sculpt	12:15 - 13:15	 
Preventive Dos	13:15 - 13:30	

U'Sculpt	18:00 - 19:00	 
U'Boxing	19:00 - 20:00	 

studio

Pilates	19:00 - 20:00	
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cycling

Go On!	12:30 - 13:15	
Zone Rouge	18:00 - 19:00	
Hymalayan	19:00 - 20:00	




JEUDI Playground

Mon 1er Flow	07:30 - 08:30	
Body Pump	12:15 - 13:00	
Tablettes	13:00 - 13:30	
Body Pump	18:00 - 19:00	
Body Attack	19:00 - 20:00	
Ashtanga Yoga	20:00 - 21:00	

studio

Tablettes	18:00 - 18:30	
U'Boxing	18:30 - 19:30	 




cycling

Hymalayan	12:30 - 13:15	
Zone Rouge	18:15 - 19:15	
Hymalayan	19:15 - 20:00	


VENDREDI Playground

Fessiers 3D	08:00 - 08:30	
Pilates	12:30 - 13:30	
Fessiers 3D	18:00 - 18:30	
Abdos 3D	18:30 - 19:00	
Body Pump	19:00 - 20:00	

studio

Strala Yoga	18:00 - 19:00	
U'Boxing	19:00 - 20:00	 

cycling

Go Fast!	07:30 - 08:00	
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BRUXELLES

semaine/week 06:30 - 22:30
week-end 09:00 - 20:00



SAMEDI Playground

Super 7	10:00 - 10:30	
Fessiers 3D	10:30 - 11:00	
Body Pump	11:00 - 12:00	
Tablettes	12:00 - 12:30	
U'360	12:30 - 13:00	 
U'Stretch	13:00 - 13:15	
Zumba	16:00 - 17:00	
Power Vinyasa	17:00 - 18:00	

studio

U'Boxing	11:00 - 12:00	
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cycling






Zone Rouge	11:00 - 12:00	
Zone Rouge	12:00 - 13:00	

DIMANCHE Playground

U'Stretch	10:00 - 10:30	
Body Pump	10:30 - 11:30	
Commando	11:30 - 12:15	
Tablettes	12:15 - 12:45	
Yoga Ashtanga	16:00 - 17:00	

cycling

Zone Rouge	11:00 - 12:00	
Zone Rouge	12:00 - 13:00	

-  Timing Cycling
-  Effort cardio vasculaire
-  Renforcement musculaire
-  Assouplissement & tonicité
-  Yoga