

# OPÉRA

semaine/week 07:00 - 23:00  
week-end 09:00 - 20:00

## LUNDI Playground

Yoga Detox	08:00 - 09:00	
Pump	12:15 - 13:15	
bodyART	13:15 - 14:15	
Intouch'abs	18:30 - 19:00	
Power Pilates	19:15 - 20:15	
U' Can Dance	20:15 - 21:00	

## cycling

Challenger	12:15 - 12:45	
Himalayan	12:45 - 13:30	
Zone Rouge	19:00 - 19:45	
Himalayan	20:00 - 20:45	


## MARDI Playground

Summer Butt	08:45 - 09:15	
Tension Off	12:15 - 12:45	
U'Burn	12:45 - 13:30	
Intouch'abs	13:30 - 14:00	
Mat Pilates	18:30 - 19:30	
Pump	19:30 - 20:30	
Intouch'abs	20:30 - 21:00	

## cycling

TBC Evolution	08:00 - 08:45	
Zone rouge	12:45 - 13:30	
Himalayan	18:45 - 19:30	
Zone Rouge	19:45 - 20:30	

## MERCREDI Playground

Yoga Vinyasa	08:00 - 09:00	
Post'Ure	12:15 - 12:45	
RIPPED	12:45 - 13:30	
Yog&Stretch	13:30 - 14:00	

Intouch'abs	18:30 - 19:00	
Summer Butt	19:00 - 19:30	
U'360	19:30 - 20:30	
Yoga Iyengar	20:30 - 21:45	



## cycling

Zone Rouge	12:45 - 13:30	
Playlist 2000's	19:00 - 19:45	
Himalayan	20:00 - 20:45	

## JEUDI Playground

Power Pilates	08:30 - 09:30	
Pump	12:15 - 13:00	
Intouch'abs	13:00 - 13:30	
Mat Pilates	13:30 - 14:30	
Yoga Fusion	18:30 - 19:30	
Intouch'abs	19:30 - 20:00	
Train Like a Model	20:00 - 21:00	


## cycling

Himalayan	12:30 - 13:15	
Zone Rouge	19:30 - 20:15	

## VENDREDI Playground

Boxing Challenge	08:00 - 09:00	
Cxworx	12:15 - 12:45	
Pump	12:45 - 13:45	
Roll & Recup' Xpress	13:45 - 14:00	
Yoga Detox	18:30 - 19:30	
Pump	19:30 - 20:15	
Intouch'abs	20:30 - 21:00	



## cycling

Himalayan	18:45 - 19:30	
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## SAMEDI Playground

U'Stretch	09:45 - 10:30	
Intouch'abs	10:30 - 11:00	
Summer Butt	11:00 - 11:30	
Pump	11:30 - 12:30	
Corps & Plage	12:30 - 13:30	
Yoga Ashtanga	15:00 - 16:30	
Yin Yoga	17:00 - 18:00	



## cycling






Zone Rouge	11:00 - 11:45	
Himalayan	12:00 - 12:45	

## DIMANCHE Playground

Yog'Stretch	09:45 - 10:30	
Intouch'abs	10:30 - 11:00	
Pump	11:00 - 12:00	
Mon 1er Yoga	16:30 - 17:30	
Vinyasa Flow	18:00 - 19:00	

## cycling

Playlist 2019's	11:00 - 11:45	
Himalayan	12:00 - 12:45	

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