

LUNDI Playground

Pump	07:00 - 07:45	
Pump	12:15 - 13:00	
U'Burn	13:00 - 13:45	
Intouch'abs	13:45 - 14:15	
Preventive Dos	18:00 - 18:30	
Pump	18:30 - 19:30	
Intouch'abs	19:30 - 20:00	
U'Can Dance	20:00 - 20:45	

cycling

Hymalayan	07:45 - 08:30	
Zone Rouge	12:15 - 13:00	
Hymalayan	13:00 - 13:45	
Hymalayan	18:30 - 19:15	
Zone Rouge	19:30 - 20:15	

MARDI Playground

Pump	12:15 - 13:15	
Summer Butt	13:15 - 13:45	
Preventive Dos	13:45 - 14:15	
Intouch'abs	18:00 - 18:30	
RIPPED	18:30 - 19:15	
Pump	19:15 - 20:00	
Power Pilates	20:15 - 21:15	

cycling

Challenger	12:15 - 13:00	
Hymalayan	13:15 - 14:00	
Zone Rouge	18:30 - 19:15	
Hymalayan	19:15 - 20:00	

MERCREDI Playground

U'360	07:00 - 07:45	
RIPPED	12:15 - 13:00	
Pilates	13:00 - 14:00	
Roll&RecUp'	14:00 - 14:30	

Summer Butt	18:00 - 18:30	
Post'Ure	18:30 - 19:15	
Corps & Plage	19:15 - 20:00	
Yoga Iyengar	20:00 - 21:00	

cycling

45'Bike	07:45 - 08:30	
Hymalayan	12:15 - 13:00	
Hymalayan	18:30 - 19:15	
Zone Rouge	19:15 - 20:00	

JEUDI Playground

Intouch'abs	07:45 - 08:15	
Post'Ure	12:15 - 13:00	
Pump	13:00 - 14:00	
Yog&Stretch	14:00 - 14:30	
Pump	18:45 - 19:30	
Summer Butt	19:30 - 20:00	
Intouch'abs	20:00 - 20:30	

cycling

Hymalayan	07:00 - 07:45	
45'Bike	12:15 - 13:00	
45'Bike	13:00 - 13:45	
Challenger	18:00 - 18:45	

VENDREDI Playground

U'Burn	07:00 - 07:45	
Mat Pilate	12:15 - 13:15	
Corps & Plage	13:15 - 14:00	
Intouch'abs	14:00 - 14:30	
Train like a Model	18:30 - 19:30	
Pump	19:30 - 20:30	

cycling

45'Bike	07:45 - 08:30	
45'Bike	12:15 - 13:00	
Hymalayan	18:45 - 19:30	

SAINT-LAZARE

semaine/week 06:30 - 22:00
week-end 10:00 - 18:00

SAMEDI Playground

Pump	10:30 - 11:30	
Intouch'abs	11:30 - 12:00	
Mon 1er Yoga	12:00 - 13:00	

cycling

Zone Rouge	12:15 - 13:00	
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DIMANCHE Playground

Cxwork	10:30 - 11:00	
Pump	11:00 - 12:00	
Summer Butt	12:00 - 12:30	

cycling

Hymalayan	12:45 - 13:30	
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- Timing Cycling
- Effort cardio vasculaire
- Renforcement musculaire
- Assouplissement & tonicité
- Yoga