



SAINT-LAZARE

LUNDI Playground

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|-------------|---------------|--|
| Pump | 07:00 - 07:45 | |
| Intouch'abs | 07:45 - 08:15 | |
| U'Burn | 13:00 - 14:00 | |
| Pump | 18:30 - 19:30 | |
| Intouch'abs | 19:30 - 20:00 | |
| U'Can Dance | 20:00 - 20:45 | |

cycling

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

MARDI Playground

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

cycling

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| Challenger | 13:30 - 14:00 | |
| Zone Rouge | 18:30 - 19:15 | |

MERCREDI Playground

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| U'360 | 07:00 - 07:45 | |
| Posture&Yoga | 07:45 - 08:30 | |
| RIPPED | 12:15 - 13:00 | |
| Pilates | 13:00 - 14:00 | |

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|---------------|---------------|--|
| 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

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

JEUDI Playground

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|----------------|---------------|--|
| Corps & Plage | 07:00 - 07:45 | |
| Intouch'abs | 07:45 - 08:15 | |
| DeepWORK | 12:15 - 13:15 | |
| Pump | 13:15 - 14:15 | |
| Stretch Xpress | 14:15 - 14:30 | |
| Pump | 18:45 - 19:30 | |
| Summer Butt | 19:30 - 20:00 | |
| Intouch'abs | 20:00 - 20:30 | |

cycling

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|------------|---------------|--|
| 45'Bike | 12:30 - 13:15 | |
| Challenger | 18:00 - 18:45 | |

VENDREDI Playground

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

cycling

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|---------|---------------|--|
| 45'Bike | 07:45 - 08:30 | |
| 45'Bike | 12:15 - 13:00 | |

SAMEDI Playground

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

cycling

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|------------|---------------|--|
| Zone Rouge | 12:15 - 13:00 | |
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DIMANCHE Playground

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|-------------|---------------|--|
| Intouch'abs | 10:30 - 11:00 | |
| Pump | 11:00 - 12:00 | |
| Summer Butt | 12:00 - 12:30 | |

cycling

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

