

**LUNDI** Playground

Yoga Detox	08:00 - 09:00	
Pump	12:15 - 13:15	
Body Art	13:15 - 14:15	
Intouch'abs	18:45 - 19:15	
Power Pilates	19:15 - 20:15	
U'Can Dance	20:15 - 21:00	

**cycling**

Himalayan	13:15 - 14:00	
Zone Rouge	19:15 - 20:00	
Himalayan	20:00 - 20:45	

**MARDI** Playground

Butt'R'Nut	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	
Military	12:45 - 13:30	
Yo&Streth	13:30 - 14:00	
Intouch'abs	18:30 - 19:00	
Butt'R'Nut	19:00 - 19:30	
Port de Bras	19:30 - 20:30	
Yoga Iyengar	20:30 - 21:45	

**cycling**

Zone Rouge	12:45 - 13:30	
Playlist 2000's	19:00 - 19:45	
Hymalayan	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 Vinyasa	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 - 20:30	
Intouch'abs	20:30 - 21:00	

**cycling**

Himalayan	18:45 - 19:30	
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# PLANNING OPÉRA

SEPTEMBRE - DÉCEMBRE 2019

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

**SAMEDI** Playground

U'Stretch	09:45 - 10:30	
Intouch'abs	10:30 - 11:00	
Butt'R'Nut	11:00 - 11:30	
Pump	11:30 - 12:30	
Galbe & Volupté	12:30 - 13:30	
Yoga Ashtanga	15:00 - 16:30	
Yin Yoga	17:00 - 18:00	

**cycling**

Zone Rouge	11:30 - 12:15	
Himalayan	12:30 - 13:15	

**DIMANCHE** Playground

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

**cycling**

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