

PLAYGROUND

OPERA

JANVIER-MARS

HORAIRE/TIMETABLE	
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
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

Zone Rouge	12:15 - 13:00
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&Strth	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
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 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
C n°6	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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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 ^{er} Yoga	16:30 - 17:30
Vinyasa Flow	18:00 - 19:00



cycling

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

