

PLAYGROUND

SAINT-LAZARE JANVIER-MARS

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

LUNDI Playground

Yoga Ashtanga	07:15 - 08:30
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

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



MARDI Playground

Hiit For U	12:15 - 13:00
Butt'R'Nut	13:00 - 13:30
Intouch'abs	18:00 - 18:30
Yoga Afterwork	18:30 - 19:30
Clubbing	19:30 - 20:15
Power Pilates	20:15 - 21:15



cycling

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



MERCREDI Playground

U'360	07:00 - 07:45
Yog&Stretch	07:45 - 08:30
Military	12:15 - 13:00
Pilates	13:00 - 14:00
Butt'R'Nut	18:00 - 18:30
Post'Ure	18:30 - 19:15
Galbe & Volupté	19:15 - 20:00
Yoga Vinyasa	20:00 - 21:00



cycling

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



JEUDI Playground

DeepWORK	12:15 - 13:15
Pump	13:15 - 14:15
Pump	18:45 - 19:30
Butt'R'Nut	19:30 - 20:00



cycling

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



VENDREDI Playground

Hiit For U	07:00 - 07:45
Mat Pilates	12:15 - 13:15
Galbe & Volupté	13:15 - 14:00
Intouch'abs	14:00 - 14:30
Train Like a Model	18:30 - 19:30
Natural Flow	19:30 - 20:30



cycling

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



SAMEDI Playground

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



cycling

Zone Rouge	12:15 - 13:00
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DIMANCHE Playground

Pump	11:15 - 12:15
Intouch'abs	12:15 - 12:45



cycling

Himalayan	12:45 - 13:30
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