



L'USINE
CLUB DE SPORT

PLANNING

BRUXELLES

JANVIER - MARS 2020

HORAIRES/TIMETABLE

semaine/week	06:30 - 22:30
week-end	09:00 - 20:00

Av de la Toison d'Or, 56
1060 Bruxelles

+32 2 534 14 62

www.usinesportsclub.com



**LUNDI***Playground*

U'Sculpt	07:30 - 08:30
Commando	12:15 - 13:00
Fessiers 3D	13:00 - 13:30
U'360	18:00 - 19:00
Body Attack	19:00 - 20:00

**Studio**

Afromix	19:00 - 20:00
Yoga Vinyasa	20:00 - 21:00

**Cycling**

Team Spirit 45	18:15 - 19:00
Zone Rouge	19:00 - 20:00

**MARDI***Playground*

Pilates	12:30 - 13:30
Zumba	18:00 - 19:00
Body Pump	19:00 - 20:00

**Studio**

Yoga Yin Yang	07:30 - 08:30
U'Core	18:30 - 19:00
Yoga Hatha	20:00 - 21:00

**Cycling**

Team Spirit 60	12:30 - 13:30
Team Spirit 45	18:15 - 19:00
Zone Rouge	19:00 - 20:00

**MERCREDI***Playground*

Commando	07:30 - 08:30
U'Sculpt	12:15 - 13:00
Tablettes	13:00 - 13:30
Super 7	18:00 - 19:00
Yoga Vinyasa	19:00 - 20:00
Pilates	20:00 - 21:00

**Studio**

Yoga Vinyasa	13:00 - 13:45
U'Boxing	19:00 - 20:00





Cycling

Over the limit 18:00 - 19:00
Over the limit 19:00 - 20:00



JEUDI Playground

Body Pump 12:15 - 13:15
Body Attack' 18:00 - 19:00
Body Pump 19:00 - 20:00



Studio

Yoga Vinyasa 07:30 - 08:30
Tablettes 18:00 - 18:30
U'Boxing 18:30 - 19:30
Yoga Ashtanga 20:00 - 21:00



Cycling

Team Spirit 60 12:30 - 13:30
Zone Rouge 18:00 - 19:00
Zone Rouge 19:00 - 20:00



VENDREDI Playground

Pilates 12:30 - 13:30
U'Core 18:00 - 18:30
Fessiers 3D 18:30 - 19:00
Body Pump 19:00 - 20:00



Studio

Capoeira 18:00 - 19:00
Yoga Vinyasa 19:00 - 20:00



Cycling

Zone Rouge 07:30 - 08:30
Team Spirit 60 12:30 - 13:30



**SAMEDI****Playground**

Super 7	10:00 - 10:30	
Fessiers 3D	10:30 - 11:00	
Body Pump	11:00 - 12:00	
U'Core	12:00 - 12:30	
Yoga Vinyasa	17:00 - 18:00	

Studio

U'Boxing	11:00 - 12:00	
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Cycling

Team Spirit 60	11:00 - 12:00	
Zone Rouge	12:00 - 13:00	

DIMANCHE**Playground**

Preventive Dos	10:30 - 11:00	
Fessiers 3D	11:00 - 11:30	
Body Pump	11:30 - 12:30	
Yoga Ashtanga	16:00 - 17:00	

Cycling

Zone Rouge	11:30 - 12:30	
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- Timing Cycling
- Effort cardio vasculaire
- Renforcement musculaire
- Assouplissement & tonicité
- Yoga
- Mouvement, motricité et jeux