

JANVIER - MARS 2019

LUNDI Playground

Abdos 3D	07:30 - 08:00	
U'Burn Xpress	12:15 - 12:45	
Fessiers 3D	12:45 - 13:15	
Tablettes	13:15 - 13:45	
Super 7	18:00 - 19:00	
Body Attack	19:00 - 20:00	
Roll & ReUp'	20:00 - 20:15	

studio

Post'Ure	19:00 - 19:30	
Yoga Vinyasa	20:00 - 21:00	

cycling

Go Fast!	07:00 - 07:30	
Go On!	18:15 - 19:00	
Go On!	19:15 - 20:00	

MARDI Playground

Yoga Detox	07:30 - 08:30	
Pilates	12:30 - 13:30	
Zumba	18:00 - 19:00	
Pump	19:00 - 20:00	

studio

Xtrême Abdos	18:30 - 19:00	
Strala Yoga	20:00 - 21:00	

cycling

Go On!	12:30 - 13:15	
Go On!	18:00 - 18:45	
Zone Rouge	19:00 - 20:00	

MERCREDI Playground

Super 7	07:30 - 08:15	
U'Sculpt	12:15 - 13:00	
Preventive Dos	13:00 - 13:30	

U'Sculpt	18:00 - 19:00	
Pilates	19:00 - 20:00	

studio

U'Boxing	19:00 - 20:00	
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cycling

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

JEUDI Playground

Pump	12:15 - 13:00	
Tablettes	13:00 - 13:30	
Pump	18:00 - 19:00	
Body Attack	19:00 - 20:00	
Ashtanga Yoga	20:00 - 21:00	

studio

U'Boxing	18:00 - 19:00	
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cycling

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

VENDREDI Playground

Fessiers 3D	08:00 - 08:30	
Pilates	12:30 - 13:30	
Strala Yoga	18:00 - 19:00	
Pump	19:00 - 20:00	

studio

Fessiers 3D	18:00 - 18:30	
Abdos 3D	18:30 - 19:00	

cycling

Go Fast!	07:30 - 08:00	
Zone Rouge	19:00 - 20:00	

SAMEDI Playground

Super 7	10:00 - 10:30	
Fessiers 3D	10:30 - 11:00	
Pump	11:00 - 12:00	
Tablettes	12:00 - 12:30	
U'Burn	12:30 - 13:00	
U'Stretch	13:00 - 13:30	
Zumba	16:00 - 17:00	
Power Vinyasa	17:00 - 18:00	

studio

U'Boxing	11:00 - 12:00	
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cycling

Zone Rouge	11:00 - 12:00	
Zone Rouge	12:00 - 13:00	

DIMANCHE Playground

U'Stretch	10:00 - 10:30	
Pump	10:30 - 11:30	
Commando	11:30 - 12:15	
Tablettes	12:15 - 12:45	
Yoga Ashtanga	16:00 - 17:00	

cycling

Zone Rouge	11:00 - 12:00	
Zone Rouge	12:00 - 13:00	

- Timing Cycling
- Effort cardio vasculaire
- Renforcement musculaire
- Assouplissement & tonicité
- Yoga