

# LUNDI

# MARDI

# MERCREDI

# JEUDI

# VENDREDI

# SAMEDI

**PILATES**  
8:45 - 9:30

**POSTURAL BALL**  
8:45 - 9:30

**PILATES**  
8:45 - 9:30

**RPM**  
8:45 - 9:30

**ABDOS/FESSIERS**  
8:45 - 9:15

**B.SCULPT**  
9:40 - 10:25

**CROSS**  
9:40 - 10:25

**ZUMBA**  
9:40 - 10:25

**RPM**  
9:40 - 10:25

**YOGA**  
9:40 - 10:25

**CROSS**  
9:40 - 10:25

**B.SCULPT**  
9:40 - 10:25

**BOXE**  
9:40 - 10:10

**PILATES**  
9:25 - 10:25

**BODY PUMP**  
9:45 - 10:30

**ABDOS/FESSIERS**  
10:35 - 11:05

**STRETCHING**  
10:35 - 11:20

**RPM**  
10:35 - 11:20

**POSTURAL BALL**  
10:35 - 11:20

**BODY SCULPT**  
10:35 - 11:20

**CROSS**  
10:35 - 11:20

**CROSS**  
10:40 - 11:25

**RPM**  
10:40 - 11:25

**BODY BALANCE**  
11:15 - 12:15

**BODY PUMP**  
11:30 - 12:15

**STEP DÉBUTANT**  
11:30 - 12:15

**C.A.F.**  
11:30 - 12:15

**STRETCHING**  
11:30 - 12:15

**ABDOS/FESSIERS**  
11:35 - 12:05

**B. ATTACK**  
12:30 - 13:15

**RPM**  
12:30 - 13:15

**PILATES**  
12:30 - 13:15

**CROSS**  
12:30 - 13:15

**C.A.F.**  
12:30 - 13:15

**BOXE**  
12:30 - 13:00

**BODY BALANCE**  
12:30 - 13:15

**CROSS**  
12:30 - 13:15

**BODY PUMP**  
12:30 - 13:15

**BOXE**  
12:30 - 13:00

**THE TRIP**  
12:30 - 13:15

**PILATES**  
12:15 - 13:00

# PLANNING 2026

**B. PUMP**  
17:10 - 17:55

**BOXE**  
17:40 - 18:10

**C.A.F.**  
17:10 - 17:55

**RPM**  
17:10 - 17:55

**100% ABDOS**  
17:10 - 17:40

**BODY ATTACK**  
17:15 - 18:00

**STEP INTER**  
18:05 - 18:50

**THE TRIP**  
18:05 - 18:50

**CROSS**  
18:05 - 18:50

**RPM**  
18:05 - 18:50

**POSTURAL BALL**  
18:05 - 18:50

**YOGA**  
17:50 - 18:50

**BOXE**  
17:40 - 18:10

**ZUMBA**  
18:10 - 18:55

**C.A.F.**  
19:00 - 19:45

**CROSS**  
19:00 - 19:45

**ABDOS FESSIERS**  
19:00 - 19:30

**BOXE**  
19:30 - 20:00

**ZUMBA**  
19:00 - 19:45

**CROSS**  
19:00 - 19:45

**B.PUMP**  
19:00 - 19:45

**CROSS**  
18:35 - 19:20

**ABDOS FESSIERS**  
19:05 - 19:35

**CROSS 1H**  
19:00 - 20:00

**BODY BALANCE**  
19:55 - 20:40

**YOGA YIN**  
19:40 - 20:40

**BODY SCULPT**  
19:55 - 20:40

**RPM**  
19:55 - 20:40

**POSTURAL BALL**  
19:45 - 20:30

**PLANNING DU 05/01/26**  
**(RÉSERVATIONS XPLOR ACTIVE)**

**ACCUEIL : 8:30 - 21:00**  
**samedi : 9:30 - 14:00**

**ACCÈS 7J/7 6:00 - 23:00**  
**AVEC BADGE/QR CODE**