

PLANNING GLOBAL FITNESS

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|---------------|-----------------------|-----------------------|-------------------------|----------------------------|----------------------------|---------------------------|
| Fonctionnal-T | | | 8:00 - 09:00 WorkOut | | | 9:00 - 10:00 CONDITIONING |
| | 11:00 - 12:00 WorkOut | | 11:00 - 12:00 WorkOut | 11:00 - 12:00 WorkOut | | 11:15 - 12:15 W-O TEAM |
| | 17:30 - 18:30 WorkOut | | 18:30 - 19:30 W-O GIRLS | 17:30 - 18:30 WorkOut | 17:30 - 18:30 WorkOut | |
| | 18:30 - 19:30 WorkOut | 18:30 - 19:30 HALTERO | 18:30 - 19:30 HALTERO | 18:30 - 19:30 WorkOut | 18:30 - 19:30 WorkOut | DIMANCHE |
| | 19:30 - 20:30 WorkOut | 19:30 - 20:30 WorkOut | 19:30 - 20:30 WorkOut | 19:30 - 20:30 GYM | 19:30 - 20:30 CONDITIONING | 10:30 - 11:30 WorkOut |
| | 20:30 - 21:30 WorkOut | 20:30 - 21:30 HALTERO | 20:30 - 21:30 WorkOut | 20:30 - 21:30 CONDITIONING | | |

PLACES LIMITEES, INSCRIPTION OBLIGATOIRE SUR DECIPLUS. VOUS DEVEZ VOUS ACQUITTER DU FORFAIT CORRESPONDANT. LE PLANNING EST MODIFIABLE EN FONCTION DES EVENEMENTS.

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|--------|----------------------------|----------------------------|-------------------------|----------------------------|----------------------------|--|
| STUDIO | 10:00 - 11:00 CARDIO BOXE | | | | | 09:30 - 11:00 NATHA YOGA |
| | 18:30 - 19:30 AGILITY KIDS | 18:30 - 19:30 AGILITY KIDS | | 18:30 - 19:30 AGILITY KIDS | 18:30 - 19:30 AGILITY KIDS | ACTIVITES ENFANTS OFFERTES DANS FORFAIT ILLIMITY |
| | 20:30 - 21:15 CARDIO BOXE | 19:30 - 20:15 HIIT BURN | 19:30 - 20:15 HIIT BURN | 19:30 - 20:15 HIIT BURN | 20:30 - 21:15 CARDIO BOXE | |

PLACES LIMITEES, INSCRIPTION OBLIGATOIRE SUR DECIPLUS. VOUS DEVEZ VOUS ACQUITTER DU FORFAIT CORRESPONDANT. LE PLANNING EST MODIFIABLE EN FONCTION DES EVENEMENTS.

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|-------|-------------------------------|-----------------------------|-----------------------------|--------------------------------------|---------------------------|-------------------------------|
| ETAGE | | 10:00 - 10:30 SWISS BALL | 09:30 - 10:30 PILATES | 10:00 - 10:45 BIKING | | 10:30 - 11:15 GLOBAL TRAINING |
| | | 10:30 - 11:00 GLOBAL RENFO | 10:30 - 11:00 BUSTE - BRAS | 10:45 - 11:30 GLOBAL ZEN | | 11:15 - 12:00 STEP INTER. |
| | | | 11:00 - 11:30 BAS DU CORPS | 11:30 - 12:15 GLOBAL WORK | | 12:00 - 12:30 RENFO GLOBAL |
| | | | 11:30 - 12:00 ABDO FLASH | 13:00 - 13:30 HiIT Cardio/Plyo/Force | | 12:30 - 13:00 STRETCH |
| | | | 12:15 - 13:00 GLOBAL SCULPT | | | |
| | 18:00 - 19:00 GLOBAL TRAINING | 18:15 - 19:00 GLOBAL SCULPT | | | | 14:00 - 15:00 AFRO - LATINO |
| | 19:00 - 20:00 GLOBAL TRAINING | 19:00 - 19:45 GLOBAL ATTACK | | 18:30 - 19:15 PILATES | 18:30 - 19:30 HIIT GLOBAL | 15:00 - 15:45 BODY BARRE |
| | 20:00 - 20:30 RENFO GLOBAL | 19:45 - 20:30 BIKING | 19:30 - 20:15 STEP | 19:15 - 19:45 RENFO GLOBAL | 19:30 - 20:15 BIKING | 15:45 - 16:30 PILATES |

PLACES LIMITEES, INSCRIPTION OBLIGATOIRE SUR DECIPLUS. VOUS DEVEZ VOUS ACQUITTER DU FORFAIT CORRESPONDANT. LE PLANNING EST MODIFIABLE EN FONCTION DES EVENEMENTS.

| | LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|------|--------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--|
| AQUA | 10:00 - 10:45 AQUA DYNAMIC | 10:00 - 10:45 AQUA BODYBIKE | 09:45 - 10:30 AQUA BODYBIKE | | 10:00 - 10:30 AQUA COMBAT | 10:00 - 11:00 AQUA BODYBIKE XL |
| | 10:45 - 11:15 AQUA MINCEUR | 10:45 - 11:15 AQUA JUMP | 10:30 - 11:15 AQUA DYNAMIC | 10:45 - 11:30 AQUABODYBIKE | 10:30 - 11:15 AQUA TONUS | 11:00 - 11:30 AQUA JUMP |
| | 11:15 - 12:00 AQUA BODYBIKE | 11:15 - 12:00 AQUA GYM | 11:15 - 12:00 AQUA WORK | 11:30 - 12:00 AQUA MINCEUR | 11:15 - 12:00 AQUA BODYBIKE | 11:30 - 12:00 AQUA COMBAT |
| | 12:00 - 12:30 AQUA TRAINING | 12:00 - 12:30 AQUA MINCEUR | | 12:00 - 12:45 AQUA TRAINING | | 12:00 - 12:30 AQUA PALMES |
| | | | 17:45 - 18:15 AQUA TRAINING | | | |
| | 17:45 - 18:45 AQUA TRAINING | 18:00 - 18:45 AQUA BODYBIKE | 18:15 - 19:00 AQUA WORK | 17:45 - 18:30 AQUABIKE CORE | 17:45 - 18:30 AQUAGYM | ACTIVITES ENFANTS OFFERTES DANS FORFAIT ILLIMITY |
| | 18:45 - 19:45 AQUA BODYBIKE XL | 18:45 - 19:30 AQUA COMBAT | 19:00 - 19:45 AQUA DYNAMIC | 18:30 - 19:15 AQUA TONUS | 18:30 - 19:15 AQUABODYBIKE | |
| | 19:45 - 20:30 WOD AQUA | 19:30 - 20:00 AQUA PALMES | 19:45 - 20:30 AQUA BODYBIKE | 19:15 - 20:00 AQUA COMBAT | 19:30 - 20:30 WOD AQUA | |

FERMETURE 22H

FERMETURE 22H

FERMETURE 22H

FERMETURE 22H

FERMETURE 22H

FERMETURE 18H

OUVERT DU LUNDI AU VENDREDI DE 8H A 22H. SAMEDI, DIMANCHE, JOURS FERIES DE 9H A 20H

44 ROUTE DE L'ISLE-ADAM, 95260 MOURS - 09 61 22 70 22