



PLANNING 2024-2025

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
09:45 - 10:30 LES MILLS BODYPUMP	09:45 - 10:30 LES MILLS RPM	09:45 - 10:30 LES MILLS BODYPUMP	09:45 - 10:30 RIDE		09:30 - 10:00 CAF
10:45 - 11:45 PILATES Fusion	10:45 - 11:30 LES MILLS BODYBALANCE	10:45 - 11:45 YOGA		10:15 - 11:15 LES MILLS BODYBALANCE	10:15 - 11:00 RIDE
12:30 - 13:15 HBX	12:30 - 13:00 ABDOS	12:30 - 13:15 HBX	12:30 - 13:15 HBX	12:30 - 13:15 PILATES Susp	11:15 - 12:00 HBX
14:30 - 15:30 YOGA	12:30 - 13:15 PILATES Susp			12:30 - 13:15 BOXE	
17:00 - 17:45 HYPOFITNESS	17:00 - 17:45 PILATES Susp	17:00 - 17:45 PILATES Susp	17:15 - 18:15 YOGA		
18:15 - 19:00 LES MILLS BODYPUMP	17:30 - 18:00 CAF	18:00 - 18:45 LES MILLS BODYPUMP	17:30 - 18:15 PILATES Susp	18:00 - 18:45 HBX	
18:15 - 19:00 RIDE	18:15 - 19:00 GRIT <small>NEW</small> CARDIO	18:15 - 19:00 RIDE	18:15 - 19:00 LES MILLS BODYATTACK	18:00 - 18:45 LES MILLS RPM	
19:15 - 20:00 LES MILLS BODYATTACK	18:15 - 19:00 HBX	19:00 - 19:45 LES MILLS BODYBALANCE	19:15 - 20:00 PILATES Fusion	19:00 - 19:45 DANCE <small>NEW</small>	
19:15 - 20:00 HBX	19:15 - 20:00 STEP	19:15 - 20:00 HYPOFITNESS	19:15 - 20:00 HBX boxing		
20:15 - 21:15 BOXE	19:15 - 20:00 HBX boxing		20:15 - 21:15 BOXE		

Cours sur réservation sur applications Xplor Deciplus ou Club Connect, planning à jour sur vos applications et votre espace membre

Espace Sport Santé ouvert 7/7
lundi au vendredi de 7h à 21h30
samedis et jours fériés de 8h à 17h
dimanches de 8h30 à 15h30
www.fitnessplus.fr





PLANNING 2024-2025

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

RENFORCEMENT

09:45 - 10:30 LES MILLS BODYPUMP		09:45 - 10:30 LES MILLS BODYPUMP			09:30 - 10:00 CAF
12:30 - 13:15 HBX	12:30 - 13:00 ABDOS	12:30 - 13:15 HBX	12:30 - 13:15 HBX		11:15 - 12:00 HBX
18:15 - 19:00 LES MILLS BODYPUMP	17:30 - 18:00 CAF	18:00 - 18:45 LES MILLS BODYPUMP		18:00 - 18:45 HBX	
19:15 - 20:00 HBX	18:15 - 19:00 HBX				

CARDIO

	09:45 - 10:30 LES MILLS RPM		09:45 - 10:30 RIDE		10:15 - 11:00 RIDE
18:15 - 19:00 RIDE	18:15 - 19:00 NEW LES MILLS GRIT CARDIO	18:15 - 19:00 RIDE	18:15 - 19:00 LES MILLS BODYATTACK	12:30 - 13:15 BOXE	18:00 - 18:45 LES MILLS RPM
19:15 - 20:00 LES MILLS BODYATTACK	19:15 - 20:00 STEP		19:15 - 20:00 HBX boxing	19:00 - 19:45 NEW LES MILLS DANCE	
20:15 - 21:15 BOXE	19:15 - 20:00 HBX boxing		20:15 - 21:15 BOXE		

FLEXIBILITÉ

10:45 - 11:45 PILATES Fusion	10:45 - 11:30 LES MILLS BODYBALANCE	10:45 - 11:45 YOGA		10:15 - 11:15 LES MILLS BODYBALANCE
14:30 - 15:30 YOGA	12:30 - 13:15 PILATES Susp			12:30 - 13:15 PILATES Susp
17:00 - 17:45 HYPOFITNESS	17:00 - 17:45 PILATES Susp	17:00 - 17:45 PILATES Susp	17:15 - 18:15 YOGA	
		19:00 - 19:45 LES MILLS BODYBALANCE	17:30 - 18:15 PILATES Susp	
		19:15 - 20:00 HYPOFITNESS	19:15 - 20:00 PILATES Fusion	

