


**Fitness Classes (Valid from 2025 January 6th to April 6th)**

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	
AM	8am	<b>Fit HIIT</b> <i>Antoine</i>	Move	8am	<b>TAF</b> <i>Louise</i>	Relax	8am	<b>Wake-up Fit</b> <i>Renaud</i>	Move	8.30am	<b>Spinning (Intervals)</b> <i>Christophe</i>	Spinning	8.30am	<b>Bosu Training</b> <i>Antoine</i>	Move	10.30 am	<b>Kundalini Yoga</b> <i>Charlotte</i>	Relax	10am	<b>Wake-Up Yoga</b> <i>Malik</i>	Move	
	9am	<b>Body Sculpt</b> <i>Corine</i>		9.15am	<b>Yin Yoga</b> <i>Sylvie</i>		9am	<b>TAF</b> <i>Patty</i>		9.15am	<b>Cardio Interval Training</b> <i>Antoine</i>		9.45am	<b>TAF</b> <i>Delis</i>		11am	<b>Body Sculpt</b> <i>Patty</i>					
	10am	<b>Pilates Matwork</b> <i>Christopher</i>		10.15am	<b>Aqua Fitness</b> <i>Sylvie</i>		10.15am	<b>Pilates Matwork</b> <i>Sylvie</i>		9.30am	<b>Aqua Fitness</b> <i>Delis</i>		11am	<b>Aqua Fitness</b> <i>Delis</i>		12am	<b>Spinning (Endurance)</b> <i>Jessica</i>					
	10am	<b>Aqua Fitness</b> <i>Aur�lie</i>		10.30am	<b>Conscience Corporelle</b> <i>Isabelle</i>		10.15am	<b>Aqua Fitness</b> <i>Patty</i>		10.15am	<b>Aqua Fitness</b> <i>Delis</i>		11.15am	<b>Hatha Yoga</b> <i>Colette</i>								
	11am	<b>Core &amp; Stretch Flow</b> <i>Elise</i>				11.30am	<b>Fit on Ball</b> <i>Laurent</i>		11am	<b>Gi Gong - Taiji Quan</b> <i>Thierry</i>												
APM	12.15am	<b>Gym Dos</b> <i>Laurent</i>		12.30am	<b>Gym Dos</b> <i>Laurent</i>		12.15am	<b>Aqua Sculpt</b> <i>Elise</i>					1.30pm	<b>Gym Dos</b> <i>Laurent</i>		2pm	<b>Cardio Interval Training</b> <i>Antoine</i>					
				1.45pm	<b>Gym Douce</b> <i>Isabelle</i>																	
PM	6pm	<b>Spinning (Strength)</b> <i>Albert</i>	Spinning	5pm	<b>Gi Gong - Taiji Quan</b> <i>Thierry</i>	Move	4pm	<b>Gym Dos</b> <i>Laurent</i>	Move	6pm	<b>Power Yoga</b> <i>Malik</i>	Move	6pm	<b>Spinning (Endurance)</b> <i>Albert</i>	Spinning	5.30pm	<b>Spinning (Spin Power)</b> <i>Jean-Philippe</i>	Spinning				
	6pm	<b>Pilates</b> <i>Barbara</i>		6.30pm	<b>TBC</b> <i>Jessica</i>		5.15pm	<b>Pilates</b> <i>Aur�lie</i>		6.15pm	<b>Aqua Kick Boxing</b> <i>Patty</i>											
	6.15pm	<b>Aqua Fitness</b> <i>Patty</i>		7.30pm	<b>Spinning (Intervals)</b> <i>Jessica</i>		6pm	<b>Spinning (Intervals)</b> <i>Jessica</i>														
	7pm	<b>Aero Fit</b> <i>Patty</i>		8pm	<b>Cardio Boxing</b> <i>Antoine</i>		6.15pm	<b>Latino Dance</b> <i>Aur�lie</i>														

**Legend:**

-  Relax
-  Intensity
-  Balance
-  Spinning
-  Move
-  Aqua Classes

**Please book your class in advance**

