

Fitness Classes (Valid from 2026 sept 7th to 2027 january 3rd)

	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	HIIT <i>Antoine</i>		8am	TAF <i>Louise</i>		8am	Wake-up Fit <i>Renaud</i>		8.30am	Spinning (Intervals) <i>Christophe</i>		8.30am	Bosu Training <i>Antoine</i>		10.30 am	Kundalini Yoga <i>Charlotte</i>		10am	Wake-Up Yoga <i>Malik</i>	
	9am	Body Sculpt <i>Antoine</i>		9.15am	Yin Yoga <i>Sylvie</i>		9am	TAF <i>Patty</i>		9am	Cardio Interval Training <i>Antoine</i>		9.45am	TAF <i>Delis</i>					11am	Body Sculpt <i>Patty</i>	
	10am	Pilates Matwork <i>Christopher</i>		10.15am	Aqua Fitness <i>Sylvie</i>		10.15am	Pilates Matwork <i>Sylvie</i>		9.15am	Aqua Power <i>Delis</i>		11am	Aqua Fitness <i>Delis</i>					12am	Spinning (Endurance) <i>Jessica</i>	
	10am	Aqua Fitness <i>Aur�lie</i>		10.30am	Conscience Corporelle <i>Isabelle</i>		10.15am	Aqua Fitness <i>Patty</i>		10am	TAF <i>Delis</i>		11.15am	Hatha Yoga <i>Colette</i>							
	10.45am	Aqua Fitness <i>Aur�lie</i>					11.30am	Fit on Ball <i>Laurent Ub</i>		10.15am	Aqua Fitness <i>Laurent Po</i>										
	11am	Sculpt & Stretch <i>Elise</i>								11am	Gi Gong - Taiji Quan <i>Thierry</i>										
APM	12.15am	Gym Dos <i>Laurent Ub</i>		12.30am	Gym Dos <i>Laurent Ub</i>		12.30am	Aqua Sculpt <i>Elise</i>					1.30pm	Gym Dos <i>Laurent Ub</i>		2pm	Cardio Interval Training <i>Antoine</i>		1pm	Stretching <i>Jessica</i>	
	1.30pm	Munz Floor <i>Varvara</i>		1.45pm	Gym Douce <i>Isabelle</i>											4pm	Pilates Matwork <i>Jean-Philippe</i>				
	3pm	Munz Floor <i>Varvara</i>					4pm	Gym Dos <i>Laurent Ub</i>													
PM	6pm	Spinning (Strength) <i>Albert</i>		5pm	Gi Gong - Taiji Quan <i>Thierry</i>		5.15pm	Pilates <i>Aur�lie</i>		6pm	Power Yoga <i>Malik</i>		6pm	Spinning (Endurance) <i>Albert</i>		5.30pm	Spinning (Spin Power) <i>Jean-Philippe</i>				
	6pm	BOSU Training <i>Olivier</i>		6.30pm	TBC <i>Jessica</i>		6pm	Spinning (Intervals) <i>Jessica</i>		6.15pm	Aqua Kick Boxing <i>Patty</i>										
	6.15pm	Aqua Fitness <i>Patty</i>		7.30pm	Spinning (Intervals) <i>Jessica</i>		6.15pm	Latino Dance <i>Aur�lie</i>													
	7pm	Aero Fit <i>Patty</i>					7.30pm	TAF <i>Laurent Pi</i>													

Legend:

Relax
Balance

Move
Aqua Classes

Intensity
Spinning

Please book your class in advance
(App : MyClubPlanner)

