






Fitness Classes (Valid from 2023 January 02nd to April 02nd)

	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	Fit HIIT <i>Antoine</i>		8am	TAF <i>Omar</i>		8am	Cardio Defense System <i>Patty</i>		9am	Spinning (Intervals) <i>Christophe</i>		8.30am	Bosu Training <i>Guyroger</i>		9.15am	Yogalates <i>Colette</i>		10am	Wake-Up Yoga <i>Malik</i>				
	9am	Body Sculpt <i>Louise</i>		9.15am	Yin Yoga <i>Sylvie</i>		9am	TAF <i>Patty</i>		9.15am	Cardio Interval Training <i>Louise</i>		9.45am	TAF <i>Delis</i>		10.30 am	Kundalini Yoga <i>Charlotte</i>							
	10am	Pilates Matwork <i>Christopher</i>		10am	Aqua Fitness <i>Omar</i>		10.15am	Pilates Matwork <i>Sylvie</i>		10.15am	Aqua Fitness <i>Delis</i>		11am	Aqua Fitness <i>Delis</i>		12am	Spinning (Endurance) <i>Jessica</i>							
	10am	Aqua Fitness <i>Aurélie</i>		10.30am	Conscience Corporelle <i>Isabelle</i>		10.15am	Aqua Fitness <i>Patty</i>		11am	Gi Gong - Taiji Quan <i>Thierry</i>		11am	Hatha Yoga <i>Colette</i>										
	11am	Deep Sculpting <i>Elise</i>		11.30am	Fit on Ball <i>Laurent</i>																			
APM	12.15am	Gym Dos <i>Laurent</i>		12.30am	Gym Dos <i>Laurent</i>		12.30am	Kundalini Yoga <i>Charlotte</i>		1pm	Mobility <i>Guyroger</i>		12.30pm	Bungypump <i>Jessica</i>										
				1.45pm	Gym Douce <i>Isabelle</i>		4pm	Gym Dos <i>Laurent</i>		4.30pm	Sitting Pilates <i>Sylvie</i>		1.30pm	Gym Dos <i>Laurent</i>		2pm	Cardio Interval Training <i>Antoine</i>							
PM	6pm	Spinning (Strength) <i>Albert</i>		5pm	Gi Gong - Taiji Quan <i>Thierry</i>		6pm	Spinning (Intervals) <i>Jessica</i>		6pm	Power Yoga <i>Malik</i>		6pm	Spinning (Endurance) <i>Albert</i>		5.30pm	Spinning (Intervals) <i>Jean-Philippe</i>							
	6pm	Pilates <i>Barbara</i>		6.30pm	TBC <i>Jessica</i>		7.15pm	Body Step <i>Jessica</i>		7pm	TBC <i>Catherine</i>													
	6.15pm	Aqua Fitness <i>Patty</i>		7.30pm	Spinning (Intervals) <i>Jessica</i>																			
	7pm	Aero Fit <i>Patty</i>		8.30pm	Fit Defense <i>Antoine</i>																			
	8pm	Zumba <i>Patty</i>																						

Legend:

	Relax
	Balance
	Move
	Intensity
	Spinning
	Aqua Classes

Please book your class in advance

