

Fitness Classes (Valid from 2026 July 6th to September 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	HIIT Antoine	Move	8am	TAF Louise	Relax	8am	Wake-up Fit Renaud	Move	8.30am	Spinning (Intervals) Christophe	Spinning	8.30am	Bosu Training Antoine	Move	10.30 am	Kundalini Yoga Charlotte	Relax	10am	Wake-Up Yoga Malik	Move
	9am	Elastonic Antoine		9.15am	Yin Yoga Sylvie		9am	TAF Patty		9am	Cardio Interval Training Antoine		9.45am	TAF Delis		11am	Body Sculpt Patty				
	10am	Pilates Matwork Christopher		10.15am	Aqua Fitness Sylvie		10.15am	Pilates Matwork Sylvie		9.30am	Aqua Power Delis		11am	Aqua Fitness Delis		12am	Spinning (Endurance) Jessica				
	10am	Aqua Fitness Aur�lie		10.30am	Conscience Corporelle Isabelle		10.15am	Aqua Fitness Patty		10.15am	Aqua Fitness Delis		11.15am	Hatha Yoga Colette							
	10.45am	Aqua Fitness Aur�lie					11.30am	Fit on Ball Laurent		11am	Gi Gong - Taiji Quan Thierry										
	11am	Sculpt & Stretch Elise																			
APM	12.15am	Gym Dos Laurent	Balance	12.30am	Gym Dos Laurent	Balance	12.30am	Aqua Sculpt Elise	Aqua Classes				1.30pm	Gym Dos Laurent	Balance	2pm	Cardio Interval Training Antoine	Move	1pm	Stretching Jessica	Relax
	1.30pm	Munz Floor Varvara		1.45pm	Gym Douce Isabelle																
	3pm	Munz Floor Pascale																			
PM	6pm	Spinning (Strength) Albert	Spinning	5pm	Gi Gong - Taiji Quan Thierry	Move	5.15pm	Pilates Aur�lie	Move	6pm	Power Yoga Malik	Move	6pm	Spinning (Endurance) Albert	Spinning	5.30pm	Spinning (Spin Power) Jean-Philippe	Spinning			
	6pm	Pilates Barbara		6.30pm	TBC Jessica		6pm	Spinning (Intervals) Jessica		6.15pm	Aqua Kick Boxing Patty										
	6.15pm	Aqua Fitness Patty		7.30pm	Spinning (Intervals) Jessica																
	7pm	Aero Fit Patty																			

Legend:

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

Please book your class in advance
(App : MyClubPlanner)

