



# PLANNING STUDIO HBX & HYROX

## STUDIO HBX & HYROX

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9H30

TRX MOVE

HYROX

10H30

HYROX

10h00-10h30  
TRX YOGA

TRX YOGA

11H15

HYROX

12H30

HIIT

TRX MOVE

HYROX

HIIT BIKE

HYROX

17H45

HYROX

TRAINING  
SPECIALE FEMME

HYROX

17h30-18h30  
TRAINING  
MUSCULATION

TRX MOVE

18H45

HBX BOXING

TRAINING  
SPECIALE FEMME

HYROX

HYROX

TRX YOGA

19H30

45min'  
HBX BOXING



# PLANNING LESMILLS

## FITNESS LESMILLS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

9H30

LESMILLS  
**BODYBALANCE**

LESMILLS  
**RPM**

LESMILLS  
**PILATES**

LESMILLS  
**BODYATTACK**

LESMILLS  
**RPM**

9h15-10h00  
LESMILLS  
**BODYPUMP  
HEAVY**

10H30

LESMILLS  
Shapes

LESMILLS  
**BODYPUMP**

LESMILLS  
**PILATES**

LESMILLS  
Shapes

10h15-11h00  
LESMILLS  
**RPM**

11H15

**STRETCH**

12H30

LESMILLS  
**RPM**

LESMILLS  
**BODYATTACK**

LESMILLS  
**BODYBALANCE**

LESMILLS  
**BODYPUMP  
HEAVY**

LESMILLS  
**BODYPUMP**

LESMILLS  
**PILATES**

17H45

LESMILLS  
**PILATES**

LESMILLS  
**RPM**

LESMILLS  
**BODYPUMP  
HEAVY**

LESMILLS  
**PILATES**

LESMILLS  
**RPM**

LESMILLS  
**BODYPUMP**

LESMILLS  
**RPM**

LESMILLS  
Shapes

18H45

LESMILLS  
Shapes

LESMILLS  
**BODYPUMP**

LESMILLS  
**BODYBALANCE**

LESMILLS  
**BODYPUMP  
HEAVY**

LESMILLS  
**DANCE**

LESMILLS  
**BODYATTACK**

LESMILLS  
Shapes

19H30

30min'  
**STRETCH**

LESMILLS  
**RPM** 30min'

LESMILLS 30min'  
Shapes

LESMILLS 30min'  
**BODYBALANCE**



# PLANNING HYDRO FITNESS

## HYDRO FITNESS

|       | LUNDI                                      | MARDI                                                                                        | MERCREDI                      | JEUDI                      | VENDREDI                      | SAMEDI                                                                         | DIMANCHE                     |
|-------|--------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------|----------------------------|-------------------------------|--------------------------------------------------------------------------------|------------------------------|
| 9H15  | HYDRO TONIC                                | HYDRO BOXE                                                                                   |                               | HYDRO TRAINING             | HYDRO PUMP                    |                                                                                |                              |
| 9H45  |                                            |                                                                                              | HYDRO BIKE                    |                            |                               | ACCES BASSIN<br>9H15 - 9h30                                                    | ACCES BASSIN<br>9H30 - 12H15 |
| 10H00 | HYDRO PUMP                                 | HYDRO TRAINING                                                                               |                               | HYDRO SHAPES               | HYDRO BIKE                    |                                                                                |                              |
| 10H30 |                                            |                                                                                              | HYDRO PUMP                    |                            |                               | 9h30 - 10H15<br>HYDRO SHAPES                                                   |                              |
| 10H45 | HYDRO BIKE                                 | HYDRO BIKE                                                                                   |                               | HYDRO BIKE                 | HYDRO TRAINING                | 10H15 - 11H00<br>HYDRO BIKE                                                    |                              |
|       | ACCES BASSIN / APPRENTISSAGE 11H30 - 12H45 |                                                                                              |                               |                            |                               |                                                                                |                              |
| 12H45 | HYDRO TRAINING                             | HYDRO BIKE                                                                                   | HYDRO TONIC                   | HYDRO<br>CONCEPTE 360      | HYDRO BOXE                    |                                                                                |                              |
|       | ACCES BASSIN<br>13H30 - 17H45              | ACCES BASSIN<br>13H30 - 15H30<br>15H30 - 16H15<br>HYDRO ZEN<br>ACCES BASSIN<br>16H15 - 17H45 | ACCES BASSIN<br>13H30 - 17H45 | ACCES BASSIN 13H30 - 17H45 |                               | ACCES BASSIN<br>Cours Indiv /<br>Collectif sur<br>réservation<br>11H30 - 16H30 |                              |
| 17H45 | HYDRO SHAPES                               | HYDRO BIKE                                                                                   | HYDRO FAC                     | HYDRO TRAINING             | HYDRO SHAPES                  |                                                                                |                              |
| 18H30 | HYDRO BIKE                                 | HYDRO SHAPES                                                                                 | HYDRO BIKE                    | HYDRO BOXE                 | ACCES BASSIN<br>18H30 - 20H00 |                                                                                |                              |
| 19H15 | ACCES BASSIN 19H15 - 20H00                 |                                                                                              |                               |                            |                               |                                                                                |                              |