

STUDIO CLASS TIMETABLE

DU | FROM 03/07/2017 AU | UNTIL 03/09/2017



AQUA



CYCLING



DANCE



MIND & BODY



STRENGTH & CONDITIONING



OTHER

LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
07.15-07.45 Réveil Tonic Wellbeing Advisor, Studio	07.15-07.45 Réveil Tonic Wellbeing Advisor, Studio	07.15-07.45 Réveil Tonic Wellbeing Advisor, Studio	07.15-07.45 Réveil Tonic Wellbeing Advisor, Studio	07.15-07.45 Réveil Tonic Wellbeing Advisor, Studio	10.00-11.00 LBT Nicoletta, Studio	10.00-10.40 Omnia™ Workout Wellbeing Advisor, Fitness
09.30-10.30 Yoga Therapy Orazio, Studio	08.30-09.00 Aspria Well Stretch Wellbeing Advisor, Studio	09.30-10.30 Gym Douce Romain, Studio	08.00-08.45 Aquabike Lisa, Pool	08.30-09.00 Aspria Well Stretch Wellbeing Advisor, Studio	11.00-12.00 Stretching Nicoletta, Studio	10.30-11.30 Trance™ Jean Luc, Studio
10.00-10.45 Aquagym Sandrine, Pool	09.30-10.30 Body Care David, Studio	10.30-11.30 Stretching Orazio, Studio	10.30-11.30 Free Body Sculpt Aziz, Studio	09.30-10.15 Stretching Orsi, Studio	12.30-13.15 Aquagym Joelle, Pool	11.30-12.30 Stretch & Tone™ Jean Luc, Studio
12.30-13.30 Stretch & Sculpt Aziz, Studio	10.30-11.30 Swissball Aziz, Studio	12.30-13.15 Hydro Pilates Orazio, Pool	11.30-12.30 Pilates Basics Serge, Studio	09.30-10.15 Aquagym Sandrine, Pool	13.00-13.15 Session Abdos Wellbeing Advisor, Stretching Zone	13.00-13.15 Session Abdos Wellbeing Advisor, Stretching Zone
13.00-13.15 Session Abdos Wellbeing Advisor, Stretching Zone	12.30-13.30 Pilates Classic Orsi, Studio	12.30-13.30 Cycling Paolo, Studio	11.45-12.30 WATFIT® Basic Lisa, Pool	12.30-13.15 Aquabike Aziz, Pool	14.30-15.30 Pranayama Rebecca, Studio	16.00-16.40 Omnia™ Workout Wellbeing Advisor, Fitness
18.00-19.00 Pilates Basics Geny, Studio	13.00-13.15 Swissball Abdos Wellbeing Advisor, Stretching Zone	13.00-13.15 Session Abdos Wellbeing Advisor, Stretching Zone	12.30-13.30 Super Sculpt Serge, Studio	12.30-13.30 Pilates Ball Orsi, Studio	16.00-16.40 Omnia™ Workout Wellbeing Advisor, Fitness	17.00-18.00 Cycling Yves, Studio
18.30-19.30 Technique de nage Jérôme, Pool	18.00-18.45 Aquabike Lisa, Pool	17.30-18.10 Omnia™ Workout Wellbeing Advisor, Fitness	12.30-13.30 Aquagym Delis, Pool	13.00-13.30 Swissball Abdos Wellbeing Advisor, Stretching Zone		18.15-19.15 Power Yoga Linda, Studio
19.00-19.15 Session Abdos Wellbeing Advisor, Stretching Zone	18.00-19.30 Hatha Yoga Orazio, Studio	18.30-19.30 Aziz Tonic Aziz, Studio	13.00-13.15 Swissball Abdos Wellbeing Advisor, Stretching Zone	18.00-19.00 Cycling Anco, Studio		
19.00-20.00 Latin Dance Geny, Studio	19.00-19.15 Session Abdos Wellbeing Advisor, Stretching Zone	19.00-19.15 Session Abdos Wellbeing Advisor, Stretching Zone	18.30-19.30 American Jazz Dance Jean Luc, Studio	19.00-19.15 Session Abdos Wellbeing Advisor, Stretching Zone		
	19.00-19.45 Aquagym Xavier, Pool	20.00-20.45 Aquabike Delis, Pool	19.00-19.15 Session Abdos Wellbeing Advisor, Stretching Zone			
	19.40-20.40 Cycling Mihaela, Studio		19.00-19.45 Aquagym Bombom, Pool			
			19.30-20.00 Trance™ Jean Luc, Studio			
			20.00-21.00 Ballet Jean Luc, Studio			

Ce cours ne sera pas dispensé du 17/07/2017 au 13/08/2017 inclus.
These classes will not be held between 17/07/2017 and 13/08/2017 inclusive.

Réservation en ligne
Online Booking

Il n'est pas permis de rejoindre un cours plus de 5 min après le début de celui-ci.
It is not possible to enter a class more than 5 mins after the start.

Pour plus d'informations |
For more information:
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