

COURS COLLECTIFS

Gruppenkurse / Group Courses

LUNDI

09:00-10:00	Pilates	 
12:30-13:30	Yoga	 

17:30-18:20	F.A.C.	 
18:00-19:00	Indoor Cycling	 
18:30-19:20	HIIT	 
19:00-19:45	Functional Training	 
19:30-20:30	Pilates	 

MARDI

09:00-09:50	Body Art	  
09:00-10:00	Indoor Cycling	 

17:30-18:20	Cardio Sculpt	 
18:00-19:00	Indoor Cycling	 
18:30-19:20	F.A.C.	 
19:00-19:45	Functional Training	 
19:30-20:30	Zumba	  

MERCREDI

09:00-09:50	Pilates	 
10:00-11:00	Bauch Beine Po	 

17:30-18:20	HIIT	 
18:00-19:00	Indoor Cycling	 
18:30-19:20	Bodyworks	 
19:00-19:45	Hyrox	 
19:30-20:30	Pilates plancher pelvien	 

JEUDI

09:00-10:00	École du dos	
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16:15-17:00	Abdo & Stretch	  
17:15-18:00	Step	  
17:30-18:15	Functional Training	  
18:00-19:00	Indoor Cycling	  
18:30-19:20	Zumba	  
19:30-20:30	Yoga	  

VENDREDI

08:30-09:15	Functional Training	  
09:00-09:50	Gym Ball	  
09:00-10:00	Indoor Cycling	  
10:00-10:50	Abdo & Stretch	  

17:30-18:30	Yoga	 
18:30-19:15	Functional Training	  

SAMEDI

09:00-10:00	Power Pilates	 
10:00-11:00	Power Pilates	 

*Indoor Cycling :
Watt Test chaque 1er samedi du mois à 10:00

DIMANCHE

09:30-10:30	Yoga	 
10:00-11:00	Indoor Cycling	 
10:30-11:15	Hyrox	  



Horaires
Lundi au Vendredi : 07:00 - 22:00
Samedi : 08:30 - 18:00
Dimanche : 08:30 - 13:30
Jours fériés : 08:30 - 13:30

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Cardio



Silhouette
Figurformung
Body Shaping



Renforcement musculaire
Muskelkräftigung & Straffung
Muscle Strength



Régénération Active
Aktive Entspannung
Active Relaxation