

## Horaire cours collectifs PARC 1348 LLN - 12 janvier au 3 mai 2026

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche	
<p>8H00/9H00</p> <p>STRETCH - Mobilité Séverine</p> <p>8H30/9H30</p> <p>SPINNING Christel</p> <p>9H00/10H00</p> <p>FAC Grant</p> <p>10H00/11H00</p> <p>SPIN &amp; CORE Grant</p> <p>11H00/12H00</p> <p>STRETCHING Grant</p> <p>12H20/13H20</p> <p>TRX Rodrigue</p> <p>12H30/13H30</p> <p>SPINNING Stéphanie D.</p>	<p>8H00/9H00</p> <p>FAC Raphaël</p> <p>9H00/10H00</p> <p>PILATES Vinciane</p> <p>10H00/11H00</p> <p>BACK &amp; CORE Vinciane</p> <p>12H20/13H20</p> <p>FIT DANCE Samantha</p> <p>12H30/13H30</p> <p>SPINNING Séverine</p>	<p>8H00/9H00</p> <p>BACK &amp; CORE Raphaël</p> <p>8H30/9H30</p> <p>SPINNING Christel</p> <p>9H00/10H00</p> <p>FAC Raphaël</p> <p>10H00/11H00</p> <p>SPIN &amp; CORE Raphaël</p> <p>12H20/13H20</p> <p>TRX Romain</p> <p>12H30/13H30</p> <p>SPINNING Christel</p>	<p>8H00/9H00</p> <p>FAC Raphaël</p> <p>9H00/10H00</p> <p>STRETCHING Vinciane</p> <p>10H00/11H00</p> <p>BACK &amp; CORE Vinciane</p> <p>12H20/13H20</p> <p>PILATES Philippine</p> <p>12H30/13H30</p> <p>CIRCUIT TRAINING Grant</p>	<p>8H30/9H30</p> <p>FAC Pierre André</p> <p>9H30/10H30</p> <p>BACK &amp; CORE Pierre André</p> <p>10H30/11H30</p> <p>SPIN &amp; CORE Pierre André</p> <p>12H20/13H20</p> <p>TRX Romain</p> <p>12H30/13H30</p> <p>YOGA - Strength Antoine</p>	<p>09H30/10H30</p> <p>STRETCH &amp; RELAX Adelheid</p> <p>FAC Grant</p> <p>10H30/11H30</p> <p>SPINNING Marjorie</p> <p>CIRCUIT TRAINING Grant</p> <p>11H30/12H30</p> <p>SPINNING Marjorie</p> <p>BACK &amp; CORE Grant</p>	<p>09H30/10H30</p> <p>SPINNING Christel</p> <p>BALANCE Leyla</p> <p>10H30/11H30</p> <p>ZUMBA STEP Leyla</p> <p>SPINNING Nicolas</p> <p>11H30/12H30</p> <p>YOGA - Vinyasa Leyla</p>	
<p>17H00/18H00</p> <p>CIRCUIT TRAINING Baptiste</p> <p>18H00/19H00</p> <p>CIRCUIT TRAINING Arthur</p> <p>THAÏ BOXING Quentin</p> <p>SPINNING Nicolas</p> <p>19H00/20H00</p> <p>YOGA - Vinyasa Antoine</p> <p>SPINNING Marjorie</p> <p>TRX Arthur</p> <p>20H00/21H00</p> <p>CARDIO BOXING Baptiste</p> <p>YOGA - Vinyasa Antoine</p>	<p>18H00/19H00</p> <p>CIRCUIT TRAINING Rodrigue</p> <p>CARDIO BOXING Julien</p> <p>18H30/19H30</p> <p>SPINNING Vincent</p> <p>19H00/20H00</p> <p>FAC Rodrigue</p> <p>BALANCE Leyla</p> <p>19H30/20H30</p> <p>SPINNING Vincent</p> <p>20H00/21H00</p> <p>ZUMBA STEP Leyla</p> <p>CIRCUIT TRAINING Rodrigue</p>	<p>16H00/17H00</p> <p>PILATES Gaelle</p> <p>17H00/18H00</p> <p>BACK &amp; CORE Gaelle</p> <p>17H30/18H30</p> <p>SPINNING Christel</p> <p>18H00/19H00</p> <p>YOGA - Vinyasa Flow Antoine</p> <p>CIRCUIT TRAINING Arthur</p> <p>18H30/19H30</p> <p>SPINNING Marjorie</p> <p>19H00/20H00</p> <p>CARDIO BOXING Arthur</p> <p>STRETCH &amp; RELAX Adelheid</p> <p>19H30/20H30</p> <p>SPINNING Nicolas</p> <p>20H00/21H00</p> <p>FAC Arthur</p>	<p>18H00/19H00</p> <p>ZUMBA Thierry</p> <p>CIRCUIT TRAINING Grant</p> <p>SPINNING Christel</p> <p>SPINNING Christel</p> <p>REEJAM Leyla</p> <p>THAÏ BOXING Quentin</p> <p>20H00/21H00</p> <p>BALANCE Leyla</p>	<p>17H30/18H30</p> <p>FAC Arthur</p> <p>18H00/19H00</p> <p>BALANCE Leyla</p> <p>18H30/19H10</p> <p>WOD - Force Arthur</p> <p>18H30/19H30</p> <p>SPINNING Nicolas</p>	<p>17H15/18H00</p> <p>WOD - Cross training Toni</p> <p>18H00/18H45</p> <p>WOD - Force Toni</p>	<p><b>LEGENDE COURS</b></p> <p>WOD ! séance 40' !</p> <p>Combat et Autodéfense</p> <p>Gym du corps et de l'esprit</p> <p>Danse</p> <p>Renforcement Musculaire</p> <p>Gym douce</p> <p>Cardio</p>	<p><b>LEGENDE SALLE</b></p> <p>STUDIO 1 Salle de spinning</p> <p>STUDIO 2 Salle du bas</p> <p>STUDIO 3 Salle polyvalente</p>