

Horaire cours collectifs PARC 1435 AXIS - 12 janvier au 3 mai 2026

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
<p>8H30/9H30</p> <p>PILATES Stéphanie D.</p> <p>9H30/10H30</p> <p>BODYBALANCE Stéphanie D.</p> <p>10H30/11H30</p> <p>FAC Stéphanie D.</p> <p>12H30/13H30</p> <p>YOGA - Hatha Sylviane</p>	<p>8H30/9H30</p> <p>BODYBALANCE Stéphanie D.</p> <p>9H30/10H30</p> <p>FAC Stéphanie D.</p> <p>10H30/11H00</p> <p>STRETCHING Stéphanie D.</p> <p>12H20/13H20</p> <p>CIRCUIT TRAINING Stéphanie D.</p>	<p>8H30/9H30</p> <p>CIRCUIT TRAINING Stéphanie D.</p> <p>9H30/10H30</p> <p>BODYBALANCE Stéphanie D.</p> <p>10H30/11H30</p> <p>PILATES Stephanie D.</p> <p>12H20/13H20</p> <p>BODYBALANCE Stéphanie D.</p> <p>13H20/14H00</p> <p>WOD - Cross training Stéphanie D.</p>	<p>8H30/9H30</p> <p>PILATES Stéphanie D.</p> <p>9H30/10H30</p> <p>FAC Stéphanie D.</p> <p>10H30/11H00</p> <p>STRETCHING Stéphanie D.</p> <p>12H20/13H20</p> <p>FAC Stéphanie D.</p>	<p>9H00/9H45</p> <p>WOD - Cross training Romain</p> <p>9H00/10H00</p> <p>YOGA - Vinyasa Adelheid</p> <p>9H45/10H30</p> <p>WOD - Cardio Romain</p> <p>10H00/11H00</p> <p>YOGA - Vinyasa Adelheid</p> <p>12H20/13H20</p> <p>FAC Gaelle</p>	<p>09H30/10H30</p> <p>REEJAM Leyla</p> <p>10H30/11H30</p> <p>YOGA - Vinyasa Lisa</p> <p>11H30/12H30</p> <p>YOGA - Vinyasa Lisa</p>	<p>09H30/10H30</p> <p>ZUMBA Melanie</p> <p>10H30/11H30</p> <p>FAC Grant</p> <p>11H30/12H30</p> <p>CIRCUIT TRAINING Grant</p>
<p>17H45/18H30</p> <p>WOD - Cardio Benjamin</p> <p>18H00/19H00</p> <p>ZUMBA Gilles</p> <p>18H30/19H15</p> <p>WOD - Cross training Benjamin</p> <p>19H00/20H00</p> <p>FAC Grant</p> <p>20H00/21H00</p> <p>FAC Grant</p>	<p>17H45/18H30</p> <p>WOD - Cross training Arthur</p> <p>18H00/19H00</p> <p>BACK & CORE Leyla</p> <p>18H30/19H15</p> <p>WOD - Cardio Arthur</p> <p>19H00/20H00</p> <p>YOGA - Vinyasa Lisa</p> <p>20H00/21H00</p> <p>PILATES Lisa</p>	<p>17H45/18H30</p> <p>WOD - Force Jonas</p> <p>18H00/19H00</p> <p>PILATES - Mobilité Séverine</p> <p>18H30/19H15</p> <p>WOD - Cross training Jonas</p> <p>19H00/20H00</p> <p>ZUMBA Gilles</p> <p>20H00/21H00</p> <p>ZUMBA Thierry</p>	<p>17H45/18H30</p> <p>WOD - Cross training Jonas</p> <p>18H00/19H00</p> <p>FAC Arthur</p> <p>18H30/19H15</p> <p>WOD - Force Jonas</p> <p>19H00/20H00</p> <p>CIRCUIT TRAINING Arthur</p> <p>20H00/21H00</p> <p>YOGA - Hatha Séverine</p>	<p>17H00 à 18H00</p> <p>CIRCUIT TRAINING Grant</p> <p>18H00 à 19H00</p> <p>FIT DANCE Mélanie</p>	<p style="text-align: center;">LEGENDE COURS</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 2px;">Gym du corps et de l'esprit</div> <div style="border: 1px solid black; padding: 2px;">Renforcement Musculaire</div> </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="border: 1px solid black; padding: 2px;">Gym douce</div> <div style="border: 1px solid black; padding: 2px;">WOD ! séance 40' !</div> </div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px; text-align: center;">Danse</div>	<p>18H00/19H00</p> <p>BACK & CORE Séverine</p> <p>19H00/20H00</p> <p>STRETCH & RELAX Séverine</p>