

## Horaire cours collectifs PARC 1435 AXIS - 11 mai au 6 septembre 2026

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
<p>8H30/9H30</p> <p><b>PILATES</b> Stéphanie</p> <p>9H30/10H30</p> <p><b>BODYBALANCE</b> Stéphanie</p> <p>10H30/11H30</p> <p><b>FAC</b> Stéphanie</p> <p>12H30/13H30</p> <p><b>YOGA - Hatha</b> Sylviane</p>	<p>8H30/9H30</p> <p><b>BODYBALANCE</b> Stéphanie</p> <p>9H30/10H30</p> <p><b>FAC</b> Stéphanie</p> <p>10H30/11H00</p> <p><b>STRETCHING</b> Stéphanie</p> <p>12H20/13H20</p> <p><b>CIRCUIT TRAINING</b> Stéphanie</p> <p><b>RUNNING - 'Social'</b> Grant</p>	<p>8H30/9H30</p> <p><b>CIRCUIT TRAINING</b> Stéphanie</p> <p>9H30/10H30</p> <p><b>BODYBALANCE</b> Stéphanie</p> <p>10H30/11H30</p> <p><b>PILATES</b> Stephanie</p> <p>12H20/13H20</p> <p><b>BODYBALANCE</b> Stéphanie</p> <p>13H20/14H00</p> <p><b>WOD - Cross training</b> Stéphanie</p>	<p>8H30/9H30</p> <p><b>PILATES</b> Stéphanie</p> <p>9H30/10H30</p> <p><b>FAC</b> Stéphanie</p> <p>10H30/11H00</p> <p><b>STRETCHING</b> Stéphanie</p> <p>12H20/13H20</p> <p><b>FAC</b> Stéphanie</p>	<p>9H00/9H45</p> <p><b>WOD - Cross training</b> Romain</p> <p>9H00/10H00</p> <p><b>YOGA - Vinyasa</b> Adelheid</p> <p>9H45/10H30</p> <p><b>WOD - Cardio</b> Romain</p> <p>10H00/11H00</p> <p><b>YOGA - Vinyasa</b> Adelheid</p> <p>12H20/13H20</p> <p><b>FAC</b> Gaelle</p>	<p>09H30/10H30</p> <p><b>REEJAM</b> Leyla</p> <p>10H30/11H30</p> <p><b>YOGA - Vinyasa</b> Lisa</p> <p><b>RUNNING - 'Start run'</b> Arthur / Raphaël</p> <p>11H30/12H30</p> <p><b>YOGA - Vinyasa</b> Lisa</p>	<p>09H30/10H30</p> <p><b>ZUMBA</b> Melanie</p> <p>10H30/11H30</p> <p><b>FAC</b> Grant</p> <p>11H30/12H30</p> <p><b>CIRCUIT TRAINING</b> Grant</p>
<p>17H45/18H30</p> <p><b>WOD - Cardio</b> Benjamin</p> <p>18H00/19H00</p> <p><b>ZUMBA</b> Gilles</p> <p><b>RUNNING - 'Social'</b> Arthur</p> <p>18H30/19H15</p> <p><b>WOD - Cross training</b> Benjamin</p> <p>19H00/20H00</p> <p><b>FAC</b> Grant</p> <p>20H00/21H00</p> <p><b>FAC</b> Grant</p>	<p>17H45/18H30</p> <p><b>WOD - Cross training</b> Arthur</p> <p>18H00/19H00</p> <p><b>BACK &amp; CORE</b> Leyla</p> <p>18H30/19H15</p> <p><b>WOD - Cardio</b> Arthur</p> <p>19H00/20H00</p> <p><b>YOGA - Vinyasa</b> Lisa</p> <p>20H00/21H00</p> <p><b>PILATES</b> Lisa</p>	<p>17H45/18H30</p> <p><b>WOD - Force</b> Jonas</p> <p>18H00/19H00</p> <p><b>PILATES - Mobilité</b> Séverine</p> <p>18H30/19H15</p> <p><b>WOD - Cross training</b> Jonas</p> <p>19H00/20H00</p> <p><b>ZUMBA</b> Gilles</p> <p><b>RUNNING - Interval</b> Arthur</p> <p>20H00/21H00</p> <p><b>ZUMBA</b> Thierry</p>	<p>17H45/18H30</p> <p><b>WOD - Cross training</b> Jonas</p> <p>18H00/19H00</p> <p><b>FAC</b> Arthur</p> <p>18H30/19H15</p> <p><b>WOD - Force</b> Jonas</p> <p>19H00/20H00</p> <p><b>CIRCUIT TRAINING</b> Arthur</p> <p>20H00/21H00</p> <p><b>YOGA - Hatha</b> Séverine</p>	<p>17H00 à 18H00</p> <p><b>CIRCUIT TRAINING</b> Grant</p> <p>18H00 à 19H00</p> <p><b>FIT DANCE</b> Mélanie</p>	<p><b>LEGENDE COURS</b></p> <p>Gym du corps et de l'esprit</p> <p>Gym douce</p> <p>Renforcement Musculaire</p> <p>WOD ! séance 40' !</p> <p>Danse</p>	<p>18H00/19H00</p> <p><b>BACK &amp; CORE</b> Séverine</p> <p>19H00/20H00</p> <p><b>STRETCH &amp; RELAX</b> Séverine</p>