

Horaires cours collectifs PARC 1348 LLN - 17 février au 27 avril 2025

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
8H30/9H30 SPINNING Christel 9H00/10H00 FAC Grant 10H00/11H00 SPIN & CORE Grant 11H00/12H00 STRETCHING Grant 12H20/13H20 TRX Yves 12H30/13H30 SPINNING Stéphanie D. 13H20/14H00 WOD - Cross training Yves	8H00/9H00 FAC Raphaël 9H00/10H00 PILATES Vinciane 10H00/11H00 BACK & CORE Vinciane 12H20/13H20 TRX Gaelle 12H30/13H30 SPINNING Séverine	8H00/9H00 BACK & CORE Raphaël 8H30/9H30 SPINNING Christel 9H00/10H00 FAC Vinciane 10H00/11H00 SPIN & CORE Vinciane 12H20/13H20 TRX Romain 12H30/13H30 SPINNING Christel	8H00/9H00 FAC Philippine 9H00/10H00 CIRCUIT TRAINING Philippine 10H00/11H00 BACK & CORE Philippine 12H20/13H20 PILATES Philippine 12H30/13H30 CIRCUIT TRAINING Grant	8H30/9H30 FAC Pierre André 9H30/10H30 BACK & CORE Pierre André 10H30/11H30 SPIN & CORE Pierre André 12H20/13H20 TRX Romain 12H30/13H30 YOGA - Strength Antoine	09H30/10H30 FAC Grant 10H30/11H30 SPINNING Marjorie CIRCUIT TRAINING Grant 11H30/12H30 SPINNING Marjorie BACK & CORE Grant	09H30/10H30 SPINNING Christel BODYBALANCE Leyla 10H30/11H30 ZUMBA STEP Leyla SPINNING Nicolas 11H30/12H30 YOGA - Vinyasa Leyla
17H00/18H00 CIRCUIT TRAINING Baptiste 18H00/19H00 CIRCUIT TRAINING Arthur KICK BOXING Quentin SPINNING Nicolas 19H00/20H00 YOGA - Vinyasa Antoine SPINNING Marjorie TRX Arthur 20H00/21H00 CARDIO BOXING Pierre André SPINNING Marjorie	18H00/19H00 CIRCUIT TRAINING Stéphanie A. CARDIO BOXING Julien 18H30/19H30 SPINNING Vincent 19H00/20H00 FAC Stéphanie A. BODYBALANCE Leyla 19H30/20H30 SPINNING Vincent 20H00/21H00 REEJAM Leyla CIRCUIT TRAINING Stéphanie A.	16H00/17H00 PILATES Gaelle 17H00/18H00 BACK & CORE Gaelle 17H30/18H30 SPINNING Christel 18H00/19H00 YOGA - Vinyasa Flow Antoine CIRCUIT TRAINING Stéphanie A. 18H30/19H30 SPINNING Marjorie 19H00/20H00 CARDIO BOXING Julien STRETCH & RELAX Yves 19H30/20H30 SPINNING Nicolas 20H00/21H00 TRX Stéphanie A.	18H00/19H00 ZUMBA Thierry CIRCUIT TRAINING Grant SPINNING Christel 19H00/20H00 SPINNING Christel REEJAM Leyla KICK BOXING Quentin 20H00/21H00 BODYBALANCE Leyla	18H00/19H00 CARDIO BOXING Julien BODYBALANCE Leyla 18H30/19H30 SPINNING Nicolas 19H00/19H40 WOD - Force Julien	18H00/18H45 WOD - Force Grant 18H45/19H30 WOD - Cross training Grant	18H00/18H45 WOD - Force Grant 18H45/19H30 WOD - Cross training Grant
					LEGENDE COURS WOD ! séance 40' ! Combat et Autodéfense Gym du corps et de l'esprit Danse	LEGENDE SALLE STUDIO 1 Salle de spinning STUDIO 2 Salle du bas STUDIO 3 Salle polyvalente
					Renforcement Musculaire Gym douce Cardio	