



PROGRAM from SEPTEMBER 3rd to OCTOBER 28th 2018 included

update: 01/08/18

| Monday | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY *** | Saturday | Sunday |
|--|---|---|---|---|---------------------------------------|---|
| 09H30-10H30 PILATES SCULPT ISABELLE | 09H30-10H30 FITBALL BEN | 09H30-10H30 AQUAGYM SYLVIE | 09H30-10H30 CORE BALANCE SYLVIE | 09H15-10H15 PILATES MAT ISABELLE | | |
| 10H15 - 11H45 NORDIC WALKING AQUAGYM ISABELLE | 10H15-11H45 OUTSIDE DOLCE * CHRISTIAN | 10H00-11H30 NORDIC WALKING YOGA Body&Mind SYLVIE | 10H30-11H30 NORDIC WALKING AQUA FIT SYLVIE | 10H30-12H00 NORDIC WALKING DOLCE ISABELLE | | 10H30-11H30 NORDIC WALKING DOLCE CHRISTIAN |
| 12H15-13H00 YOGA NIDRA DANIELE | | | | 12H15-13H00 HIIT OLIVIER | | |
| 18H00-19H30 BOXING TRAINING MIXTE JOE | 18H00-19H00 ** YOGA VINYASA SYLVIE | 17H00-18H00 MIXED MARTIAL BEN | 18H00-19H00 ** KUNDALINI YOGA SYLVIE | *** SWIMMING POOL CLOSED FOR MAINTAINANCE FROM 6 AM TILL 1 PM WELLNESS LOCKERS NOT AVAILABLE SEPTEMBER 7th 2018 OCTOBER 5th 2018 | 16H30-17H30 ** YOGA FLOW SYLVIE | |
| | 19H00-20H00 AQUAGYM SYLVIE | 18H00-19H00 AQUA BURNING BEN | | | | |
| | | 19H00-20H00 ** BOOTCAMP BEN | | | | |

- Wellness
- Muscular
- Cardio soft
- Cardio
- Functional & Suspension Training
- Aqua
- Functional Aqua

NEW New classes or coach
 * Program and locations sent by e mail
 🌿 Outdoor depending on the weather and / or the season (to the instructor's appreciation)
 ** Outdoor (The instructor may propose an indoor solution in case of extreme bad weather conditions / to the instructor's appreciation only)
 ♀ Women only sessions
Instructors are likely to be replaced and classes canceled; pay attention to the cancellation dates announced by e mail
 AQUA classes are 1 hour session, class preparation and warming up included. The class lasts 45 minutes.
 NO CLASSES ON BANK HOLIDAYS

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