



P L A N N I N G

JANVIER - JUIN 2024

LUNDI

Playground

Play-Mobility	07:00 - 07:45	
★ U'Fit RX Evo	08:00 - 08:45	
U'Sculpt	09:00 - 10:00	
Pilates Flow	10:00 - 11:00	
Pilates-Gasquet	12:15 - 13:00	
U'Sculpt	13:00 - 13:45	
Monday Detox	17:45 - 18:30	
★ U'Fit RX ATELIER	18:15 - 19:00	
Play-Mobility	18:30 - 19:00	
★ Fight-Club	19:15 - 20:15	
Modern-Jazz	20:30 - 21:30	

Cycling

★ Bike	12:15 - 13:00	
★ Hill Bike	18:45 - 19:30	

MARDI

Playground

Cross-Training	07:00 - 07:45	
Flow Yoga	08:00 - 09:00	
U'Sculpt	09:00 - 10:00	
Stretch'Barre	10:00 - 11:00	
Power Yoga	11:00 - 12:00	
Body Combat	12:15 - 13:00	
★ U'Crunch ATELIER	12:15 - 12:45	
★ U'Crunch ATELIER	12:45 - 13:15	
Pilates	13:00 - 13:45	
★ U'Fit RX Evo	17:15 - 18:00	
Zumba	18:00 - 18:45	
Conditionning ATELIER	18:00 - 18:45	
Body Pump	18:45 - 19:45	

Cycling

★ Bike	12:15 - 13:00	
★ Bike	19:00 - 19:45	

MERCREDI

Playground

Sunrise Yoga	07:00 - 08:00	
U'Sculpt	08:00 - 09:00	
Play-Mobility	09:00 - 09:45	
★ U'Fit RX Evo	10:00 - 10:45	
Body Attack	12:15 - 13:00	
U'Run	12:15 - 13:15	
Play-Mobility	13:00 - 13:30	
U'Sculpt	17:45 - 18:15	
U'Crunch	18:15 - 18:45	
★ Conditionning ATELIER	18:30 - 19:15	
U'Stretch	18:45 - 19:30	
★ U'Wod PLATEAU	19:30 - 20:15	
Swan Lake	19:30 - 20:30	

Cycling

★ Bike	06:45 - 07:30	
★ Hill Bike	12:15 - 13:00	
★ Bike	18:30 - 19:15	

JEUDI

Playground

U'Sculpt	07:00 - 07:45	
Stretch'Barre	08:00 - 09:00	
Body Pump	09:15 - 10:00	
Mat Pilates	10:00 - 10:45	
Flow Yoga	11:00 - 12:00	

Zumba	12:15 - 13:00	
Booty Camp	13:00 - 13:45	

Cross Training	18:00 - 18:45	
U'Stretch	18:45 - 19:15	

Cycling

★ Bike	12:15 - 13:00	
★ Speed Bike	18:15 - 18:45	

VENREDI

Playground

Sunrise Yoga	07:00 - 08:00	
U'Sculpt	08:00 - 09:00	
Body Combat	09:00 - 09:45	
★ U'Fit RX Evo	10:00 - 10:45	
U'Sculpt	12:15 - 13:00	
★ Conditionning ATELIER	12:15 - 13:00	
U'Stretch	13:00 - 13:45	

Hatha Yoga	17:15 - 18:15	
Body Pump	18:30 - 19:15	
★ Fight Club	19:30 - 20:30	

Cycling

★ Bike	06:45 - 07:30	
★ Bike	12:15 - 13:00	
★ Speed Bike	18:15 - 18:45	

SAMEDI

Playground

U'Sculpt	09:15 - 10:15	
Body Combat	10:15 - 11:15	
Play-Mobility	11:15 - 11:45	
Vinyasa Yoga	11:45 - 12:45	
★ Fit-Boxing	16:00 - 17:00	
U'Crunch	17:00 - 17:30	
Pilates	18:00 - 18:45	

Cycling

★ Bike	10:00 - 10:45	
--------	---------------	--

DIMANCHE

Playground

U'Stretch	09:15 - 10:00	
Sunday Detox	10:00 - 11:00	
BodyPump	11:00 - 12:00	
Cross-Training	15:00 - 16:00	
Hatha Yoga	16:00 - 17:30	

Cycling

★ Bike	11:00 - 11:45	
--------	---------------	--

Timing Cycling

Renforcement musculaire

Yoga

Effort cardio vasculaire

Assouplissement et tonicité

Cours sur réservation