












## LUNDI Playground

Cross Training 07:15 - 08:15    
**Leg DAY** 08:30 - 09:00   
Mat Pilates 09:00 - 10:00   
**Ginga VIBES** 10:00 - 10:30 

Mat Pilates 12:15 - 13:00   
**Leg DAY** 13:00 - 13:20   
**U'CRUNCH** 13:25 - 13:45 

**Leg DAY** 17:45 - 18:05   
**U'CRUNCH** 18:05 - 18:30   
**BIKINI** 18:30 - 19:15   
Fight Club 19:15 - 20:30   
**U'CRUNCH** 20:30 - 20:45 


### Cycling

Bike 12:15 - 13:00   
Bike 18:30 - 19:15   
Ride HIIT 19:15 - 19:45 




## SAMEDI Playground



**Leg DAY** 09:00 - 09:30   
**U'CRUNCH** 09:30 - 10:00   
Body Combat 10:00 - 11:00   
**BIKINI** 11:00 - 11:30   
Power Yoga 11:30 - 12:30 





### Cycling

Bike 10:00 - 11:00 



## MARDI Playground

Intense Fire 07:30 - 08:30   
**U'CRUNCH** 08:30 - 09:00   
**U'Silhouette** 09:00 - 10:00 





Body Combat 12:15 - 13:00   
**Ginga VIBES** 13:00 - 13:45 

**U'QUEEN** 18:00 - 18:45   
Mat Pilates 18:00 - 18:45   
Body Pump 18:45 - 19:30   
Conditionning 19:30 - 20:30 

### Cycling

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



## DIMANCHE Playground




Sunday Detox 10:15 - 11:00   
Body Pump 11:00 - 12:00   
Stretching 12:00 - 12:30   
Hatha Yoga 16:00 - 17:00 





### Cycling

Bike 11:00 - 12:00 



## MERCREDI Playground

Ashtanga Yoga 07:00 - 08:00   
Booty Camp 09:00 - 10:00 

Body Pump 12:15 - 13:00   
**Go OUT** 12:15 - 13:15   
Mat Pilates 13:00 - 13:45 



Intense Fire 17:45 - 18:15   
Abdos Killer 18:15 - 18:45   
Stretching 18:45 - 19:30   
Swan Lake 19:30 - 20:30 




### Cycling

**HILL BIKE** 12:15 - 13:00   
Bike 19:00 - 19:45 



## JEUDI Playground

Vinyasa Yoga 09:00 - 10:00 

**BIKINI** 12:15 - 13:00   
Body Combat 13:00 - 13:45 




**U'CRUNCH** 18:00 - 18:30   
Cross Training 18:30 - 19:15   
**U'MOVE** 19:15 - 20:00 



### Cycling

Bike 12:15 - 13:15   
Ride HIIT 18:30 - 19:00 


## VENREDI Playground

Body Combat 09:00 - 10:00 

Intense Fire 12:15 - 12:45   
**Up BODY** 12:45 - 13:15   
Stretching 13:15 - 13:45 

Hatha Yoga 17:15 - 18:15   
Body Pump 18:30 - 19:30 

### Cycling

Bike 12:15 - 13:15 

# PLANNING



Cardio



Bien-être











Renforcement

**Valable à partir du lundi 26 août 2019.**

Une gamme complète d'activités à consommer sans modération dans le Playground.




## LUNDI Playground

Cross Training 07:15 - 08:15    
**Leg DAY** 08:30 - 09:00   
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**Leg DAY** 17:45 - 18:05   
**U'CRUNCH** 18:05 - 18:30   
**BIKINI** 18:30 - 19:15   
Fight Club 19:15 - 20:30   
**U'CRUNCH** 20:30 - 20:45 


### Cycling

Bike 12:15 - 13:00   
Bike 18:30 - 19:15   
Ride HIIT 19:15 - 19:45 




## SAMEDI Playground



**Leg DAY** 09:00 - 09:30   
**U'CRUNCH** 09:30 - 10:00   
Body Combat 10:00 - 11:00   
**BIKINI** 11:00 - 11:30   
Power Yoga 11:30 - 12:30 





### Cycling

Bike 10:00 - 11:00 



## MARDI Playground

Intense Fire 07:30 - 08:30   
**U'CRUNCH** 08:30 - 09:00   
**U'Silhouette** 09:00 - 10:00 





Body Combat 12:15 - 13:00   
**Ginga VIBES** 13:00 - 13:45 

**U'QUEEN** 18:00 - 18:45   
Mat Pilates 18:00 - 18:45   
Body Pump 18:45 - 19:30   
Conditionning 19:30 - 20:30 

### Cycling

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



## DIMANCHE Playground




Sunday Detox 10:15 - 11:00   
Body Pump 11:00 - 12:00   
Stretching 12:00 - 12:30   
Hatha Yoga 16:00 - 17:00 





### Cycling

Bike 11:00 - 12:00 



## MERCREDI Playground

Ashtanga Yoga 07:00 - 08:00   
Booty Camp 09:00 - 10:00 

Body Pump 12:15 - 13:00   
**Go OUT** 12:15 - 13:15   
Mat Pilates 13:00 - 13:45 



Intense Fire 17:45 - 18:15   
Abdos Killer 18:15 - 18:45   
Stretching 18:45 - 19:30   
Swan Lake 19:30 - 20:30 




### Cycling

**HILL BIKE** 12:15 - 13:00   
Bike 19:00 - 19:45 



## JEUDI Playground

Vinyasa Yoga 09:00 - 10:00 

**BIKINI** 12:15 - 13:00   
Body Combat 13:00 - 13:45 




**U'CRUNCH** 18:00 - 18:30   
Cross Training 18:30 - 19:15   
**U'MOVE** 19:15 - 20:00 



### Cycling

Bike 12:15 - 13:15   
Ride HIIT 18:30 - 19:00 

## VENDREDI Playground

Body Combat 09:00 - 10:00 

Intense Fire 12:15 - 12:45   
**Up BODY** 12:45 - 13:15   
Stretching 13:15 - 13:45 

Hatha Yoga 17:15 - 18:15   
Body Pump 18:30 - 19:30 

### Cycling

Bike 12:15 - 13:15 

# PLANNING



Cardio



Bien-être



Renforcement

**Valable à partir du lundi 26 août 2019.**

Une gamme complète d'activités à consommer sans modération dans le Playground.