

PLAN ANNUEL

janvier - juin 2026

LUNDI

8:00-8:45	Body Balance™	
9:00-10:00	U'Sculpt	
11:00-12:00	Gentle Yoga	
12:15-13:00	Pilates De-Gasquet	
13:00-13:45	U'Sculpt	
17:45-18:30	Monday Detox	
18:30-19:30	Body Pump™	
20:30-21:30	Modern Jazz	
12:15-13:00	Bootcamp	
18:00-18:45	U'Fit RX	
7:00-7:45	Bike	
12:15-13:00	Bike	
18:45-19:30	Bike	

MARDI

7:00-7:45	Cross Training	
8:00-8:45	U'Fit RX Evo	
9:00-10:00	U'Sculpt	
10:00-11:00	Stretch' Barre	
11:00-12:00	Pilates Flow	
12:15-13:00	Body Combat™	
13:00-13:45	U'Crunch	
17:15-18:00	U'Fit RX Evo	
18:15-19:00	Cardio Boxing	
19:15-20:15	BODYART	
12:15-13:00	Conditionning	
18:15-19:00	Bootcamp	
12:15-13:00	Bike	

MERCREDI

7:00-8:00	Sunrise Yoga	
8:00-9:00	U'Sculpt	
10:15-11:00	U'Fit RX Evo	
11:00-11:45	Pilates Hypopressif	
12:15-13:00	Body Pump™	
12:15-13:15	U'Run	
13:00-13:45	Abdos Stretch	
17:45-18:15	U'Sculpt	
18:15-18:45	U'Crunch	
18:45-19:30	U'Stretch	
19:30-20:30	Swan Lake	
12:15-13:00	Conditionning	
7:00-7:45	Bike	
12:15-13:00	Bike	

JEUDI

7:00-7:45	U'Strength	
8:00-8:45	Cross-Training	
9:00-09:45	U'Sculpt	
10:00-11:00	Stretch'Barre	
11:00-11:45	Gentle Yoga	
12:15-13:00	Booty	
13:00-13:45	U'Rox	
18:00-18:45	Cross-Training	
18:45-19:45	Vinyasa Yoga	
12:15-13:00	U'Fit RX	
12:15-13:00	Bike	

VENDREDI

7:00-8:00	Sunrise Yoga	
8:00-9:00	Friday Detox	
9:00-10:00	BODYART	
10:15-11:00	U'FiT RX Evo	
12:15-13:00	U'Sculpt	
13:00-13:45	U'Stretch	
17:15-18:15	Hatha Yoga	
18:15-19:15	Body Pump™	
12:15-13:00	Conditionning	
12:15-13:00	Bike	

SAMEDI

9:15-10:15	U'Sculpt	
10:15-11:15	Body Combat™	
11:15-12:00	Pilates Flow	
12:00-13:00	Vinyasa Yoga	
10:15-11:00	Bike	

DIMANCHE

09:15-10:00	U'Stretch	
10:15-11:15	Sunday Detox	
11:15-12:15	Body Pump™	
15:00-15:45	U'FiT RX Evo	
16:00-17:30	Hatha Yoga	
10:15-11:00	Bike	



PLAYGROUND

ATELIER

CYCLING



Cardio vasculaire



Bike



Yoga



Bien-être



Danse



Renforcement musculaire



Boxe