



PLANNING

JUILLET - AOÛT 2025

LUNDI

8:00-8:45 Stretch & Mobility

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

17:45-18:45 Monday Detox

19:15-20:15 Fight Club

20:30-21:30 Modern Jazz

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 Booty Camp

9:00-10:00 U'Sculpt

10:00-11:00 Stretch' Barre

11:00-12:00 Power Yoga

12:15-13:00 Body Combat™

13:00-13:45 U'Crunch

17:15-18:00 U'Fit RX Evo

18:15-19:15 Body Pump™

19:15-20:00 Stretching

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

12:15-13:00 Body Pump™

12:15-13:15 U'Run*

13:00-13:45 Pilates Équilibre

17:45-18:15 U'Sculpt

18:15-18:45 U'Crunch

18:45-19:30 U'Stretch

19:30-20:30 Swan Lake

7:00-7:45 Bike

12:15-13:00 Bike

JEUDI

7:00-7:45 U'Strength

8:00-9:00 Stretch'Barre

9:15-10:00 U'Sculpt

10:00-10:45 Pilates Mat

12:15-13:00 Booty Camp

13:00-13:45 Body Attack™

18:30-19:30 Vinyasa Yoga

12:15-13:00 Bike

VENDREDI

7:00-8:00 Sunrise Yoga

8:00-9:00 U'Sculpt

9:00-10:00 BODY ART

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 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

10:15-11:15 Sunday Detox

11:15-12:15 Body Pump™

16:00-17:30 Hatha Yoga

11:15-12:00 Bike

*U'Run disponible seulement en Juillet

PLAYGROUND

CYCLING



Cardio vasculaire



Bike



Renforcement musculaire



Yoga



Bien-être



Danse



Boxe