

PLANNING

JUIN - AOÛT 2026

LUNDI

8:00-8:45 Body Balance™	
9:00-10:00 U'Sculpt	
11:00-11:45 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	
7:00-7:45 Bike	
12:15-13:00 Bike	

MARDI

7:00-7:45 Cross Training	
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 U'Rox & Run	
12:15-13:00 Conditionning	
12:15-13:00 Bike	

MERCREDI

8:00-9:00 U'Sculpt	
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	
7:00-7:45 Bike	
12:15-13:00 Bike	

JEUDI

7:00-7:45 U'Strength	
9:00-09:45 U'Sculpt	
10:00-11:00 Stretch'Barre	
12:15-13:00 Booty	
13:00-13:45 U'Rox	
18:00-18:45 Cross-Training	
18:45-19:45 Pilates Burn	
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	
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
DIMANCHE

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



PLAYGROUND

ATELIER

CYCLING

Cardio vasculaire

Yoga

Bien-être

Danse

Bike

Boxe

Renforcement musculaire