



PLANNING

SEPTEMBRE - DÉCEMBRE 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
	18:00-18:45 Monday Detox
	19:15-20:15 Fight Club
	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 Booty
	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
	18:15-19:15 Body Pump™
	19:15-20:15 BODY ART
	12:15-13:00 Conditionning
	18:30-19:15 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
	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
	18:30-19:15 Conditionning
	7:00-7:45 Bike
	12:15-13:00 Bike

JEUDI

	7:00-7:45 U'Strength
	8:00-8:45 Pilates Mat
	9:00-09:45 U'Sculpt
	10:00-11:00 Stretch'Barre
	12:15-13:00 Booty
	13:00-13:45 Body Attack™
	18:00-18:45 Cross-Training
	18:45-19:30 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 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 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
	16:15-17:00 Bootcamp
	17:00-18:00 Power 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™
	15:00-16:00 Cross-Training
	16:00-17:30 Hatha Yoga
	11:15-12:00 Bike

PLAYGROUND

ATELIER

CYCLING



Cardio vasculaire



Bike



Renforcement musculaire



Yoga



Bien-être



Danse



Boxe