



PLANNING

JUIN 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

- 12:15-13:00 Conditionning
- 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 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™
- 19:15-20:15 BODY ART

- 10:00-10:45 U'WOD
- 12:15-13:00 Conditionning
- 18:30-19:15 Conditionning
- 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
- 8:00-9:00 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™

- 19:00-20:00 Yoga Vinyasa

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

VENDREDI

- 7:00-8:00 Sunrise Yoga
- 8:00-9:00 U'Sculpt
- 9:00-9:45 BODY ART
- 10:00-10:45 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

- 9:15-10:00 U'Stretch
- 10:00-11:00 Sunday Detox
- 11:00-12:00 Body Pump™

- 15:00-16:00 Cross Training
- 16:00-17:30 Hatha Yoga
- 11:15-12:00 Bike

DIMANCHE

- PLAYGROUND
- ATELIER
- PLATEAU
- CYCLING

- Cardio vasculaire
- Bike
- Renforcement musculaire
- Yoga
- Bien-être
- Danse
- Boxe