

Fitness classes timetable from September 2024

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B-Board Boost 9:30 AM – 10:00 AM		TRX 9:30 AM – 10:00 AM	Yoga 9:00 AM – 10:00 AM	LBT 9h30-10h15	TRX 9:30 AM – 10:00 AM	Bodywork 10:00 AM – 11:00 AM	Flash abs 9:30 AM – 10:00 AM
Fast'Bike 10:15 AM – 11:00 AM		Board 10:15 AM – 10:45 AM	TRX 9:30 AM-10:00 AM	Gentle workout 10:15 AM – 11:15 AM	Yoga 9:15 AM – 10:15 AM	Fast'Bike 10:30 AM – 11:15 AM	Bodywork 10:00 AM – 11:00 AM
Yoga 10:15 AM – 11:45 AM		Aqua'Gym 10:30 AM – 11:15 AM	TRX 10:00 AM – 10:30 AM	Aqua'Bike* 10:30 AM – 11:00 AM	TRX 10:00 AM – 10:30 AM	Aqua'Gym 10:30 AM – 11:15 AM	Fast'Bike 10:15 AM – 11:00 AM
Aqua'Gym 10:15 AM – 11:15 AM		Bodywork 11:00 AM – 12:00 PM	Yoga 10:00 AM – 11:00 AM	Bodywork 10:30 AM – 11:30 AM	Yoga 10:15 AM – 11:15 AM	Stretch 11:00 AM – 11:30 AM	Aqua'Gym 10:30 AM – 11:15 AM
Bodywork 11:30 AM – 12:30 PM		Aqua'Gym 11:30 AM – 12:00 PM	Flash abs 10:30 AM – 11:00 AM	Aqua'Gym 11:15 AM – 12:00 PM	Aqua'Gym 10:30 AM – 11:15 AM	Yoga 11:00 AM – 12:00 PM	Stretch 11:00 AM – 12:00 PM
Aqua'Gym 11:30 AM – 12:15 PM		Barre au sol 11:30 AM – 1:00 PM	Aqua'Gym 10:30 AM – 11:15 AM	Stretch 11:30 AM – 12:30 PM	Bodywork 10:30 AM – 11:30 AM	Aqua'Gym 11:30 AM – 12:15 PM	Fast'Bike 11:15 AM – 12:00 PM
Stretch 12:30 PM – 1:00 PM		Stretch 12:00 PM – 12:45 PM	Fit bike 11:00 AM – 12:00 PM	Aqua'Gym 12:15 PM – 1:00 PM	Sophrology 11:30 AM – 12:30 PM	Fit'Bike 11:30 AM – 12:30 PM	Aqua'Gym 11:30 AM – 12:15 PM
Aqua'Bike* 12:30 PM – 1:00 PM		Pilates 2 12:00 PM – 1:00 PM	Pilates 1 11:00 AM – 12:00 PM	TRX 12:30 PM – 1:00 PM	Sophrology 12:30 PM – 1:30 PM	Rubberband 11:30 AM – 12:30 PM	TRX 12:00 PM – 12:30 PM
Abs & Booty 12:30 PM – 1:00 PM		Aqua'Dynamic 12:30 PM – 1:00 PM	Aqua'Gym 11:30 AM – 12:15 PM	Hilo 12:45 PM – 1:45 PM	Aqua'Gym 11:30 AM – 12:15 PM	Aqua'Bike* 12:30 PM – 1:00 PM	Aqua'Bike* 12:30 PM – 1:00 PM
TRX 1:00 PM – 1:30 PM		Hilo 12:45 PM – 1:45 PM	Boxing 12:00 PM – 1:30 PM	TRX 1:00 PM – 1:30 PM	Gentle Workout 11:30 AM – 12:30 PM	Stretch 12:30 PM – 1:00 PM	BodyBarre 2:00 PM – 3:00 PM
Pilates Mat 2 1:00 PM – 2:00 PM		Pilates 1 1:00 PM – 2:00 PM	Aqua'Bike* 12:30 PM – 1:00 PM	Gym Ball 2:00 PM – 3:00 PM	Aqua'Dynamic 12:30 PM – 1:00 PM	Boxing 12:00 PM – 1:30 PM	Pilates 1 2:00 PM – 3:00 PM
Bodywork 2:00 PM – 3:00 PM		Zumba 2:00 PM – 3:00 PM	Pilates 2 1:00 PM – 2:00 PM	Stretch 3:00 PM – 4:00 PM	Pilates 2 12:30 PM – 1:30 PM	Pilates 1 2:00 PM – 3:00 PM	Yoga Vinyasa 3:00 PM – 4:00 PM
Pilates Mat 1 2:00 PM – 3:00 PM		Stretch 3:00 PM – 4:00 PM	Fit Dance 1:30 PM – 3:00 PM	Qi Gong 4:00 PM – 5:00 PM	Board&Mind 1:30 PM – 2:00 PM	Pilates 2 3:00 PM – 4:00 PM	Beginner Hilo 3:00 PM – 4:00 PM
Pilates Mat 1 3:00 PM – 4:00 PM		Qi Gong 5:00 PM – 6:00 PM	Zumba 3:00 PM – 4:00 PM	Tai Chi 5:00 PM – 6:00 PM	Bodycontrol 2:00 PM – 3:00 PM	Street Jazz 2:30 PM – 4:00 PM	Functional Yoga 4:00 PM – 5:00 PM
Stretch 3:00 PM – 4:00 PM		Abs & Booty 6:00 PM – 6:30 PM	Stretch 4:00 PM – 5:00 PM	Aqua'Gym 5:15 PM – 6:00 PM	Stretch 3:00 PM – 4:00 PM	Fast'Bike 3:15 PM – 4:00 PM	TRX 4:00 PM – 4:30 PM
Aqua'Gym 5:15 PM – 6:00 PM		Aqua'Bike* 6:15 PM – 6:45 PM	Board&Mind 4:45 PM – 5:15 PM	Aqua'Boxing 6:15 PM – 6:45 PM	Aqua'Bike* 4:30 PM – 5:00 PM	Bachata Solo 4:00 PM – 5:00 PM	Flash abs 4:30 PM – 5:00 PM
Gym Ball 6:00 PM – 7:00 PM		Gym balance 6:30 PM – 7:30 PM	Gym Ball 5:30 PM – 6:30 PM	LBT 6:00 PM – 6:45 PM	Aqua'Training 5:15 PM – 5:45 PM	TRX 4:30 PM – 5:00 PM	Stretch 5:00 PM – 5:30 PM
Abs & Booty 6:30 – 7:00	Aqua'Training 6:15 – 6:45		Aqua'Boxing 7:00 PM – 7:45 PM	Abs & Booty 6:00 PM – 6:30 PM	Yoga 7:00 PM – 8:00 PM	Abs & Booty 6:00 PM – 6:30 PM	Flash abs 5:00 PM – 5:30 PM
Circuit Training 7:00 – 7:45		Boxing Bag 1 6:00 – 7:00	Fast'Bike 7:15 PM – 8:00 PM	Gym Ball 6:30 PM – 7:30 PM	Boxing Bag 6:00 PM – 7:00 PM	Bodywork 6:30 PM – 7:15 PM	Stretch 5:30 PM – 6:00 PM
Street Jazz 7:00 – 8:00			Pilates 7:30 PM – 8:30 PM	BodyBarre 6:30 PM – 7:30 PM	Cross Boxing 6:00 PM – 7:00 PM	Pilates Zen 2 6:30 PM – 7:30 PM	
Fast'Bike 7:45 – 8:30			Boxing Bag 2 7:00 – 8:00	Stretch 7:30 PM – 8:30 PM	Fast'Bike 7:15 PM – 8:00 PM	Fast'Bike 7:15 PM – 8:00 PM	
			Zumba 7:30 PM – 8:30 PM	Modern Floor-Barre 7:30 PM – 8:30 PM	Pilates Zen 1 7:30 PM – 8:30 PM		