



Cours collectifs & small group training

Nombre de places limité, réservation obligatoire via l'application.
Réservation possible à partir de midi la veille des cours.



09/2026

LUNDI

STUDIO FITNESS			STUDIO WELLNESS		
45'	10h00	Culture physique	45'	10h00	Yoga (Vinyasa)
45'	10h45	CAF	45'	10h45	Pilates (Mobilité)
			45'	17h30	Pilates
60'	12h30	Body barre	45'	18h15	Yoga (Hatha)
			45'	19h00	Pilates
45'	17h30	Body barre	45'	19h45	Yoga (Fly)
45'	18h15	HIIT	CROSS BOX		
45'	19h00	CAF	60'	12h30	WOD
45'	19h45	Step	60'	17h30	WOD
60'	20h30	Zumba	60'	18h30	WOD
			60'	19h30	HYROX

MARDI

STUDIO FITNESS			STUDIO WELLNESS		
45'	10h00	Culture physique	45'	10h00	Pilates
45'	10h45	Body barre	45'	10h45	Body flow
			45'	17h30	Yoga (Tao flow)
60'	12h30	Body sculpt	45'	18h15	Pilates
			45'	19h00	Yoga (Yin)
45'	17h30	CAF	45'	19h45	Pilates
45'	18h15	Aérobixe	CROSS BOX		
45'	19h00	Body sculpt	60'	12h30	HYROX
45'	19h45	HIIT	60'	17h30	WOD
60'	20h30	Combat (Burning boxe)	60'	18h30	HYROX
			60'	19h30	WOD

MERCREDI

STUDIO FITNESS			STUDIO WELLNESS		
45'	10h00	Culture physique	45'	10h00	Yoga (Vinyasa)
45'	10h45	CAF	45'	10h45	Pilates
			45'	17h30	Body flow
60'	12h30	Body barre	45'	18h15	Pilates
			45'	19h15	Body flow
45'	17h30	CAF	45'	20h00	Yoga (Vinyasa)
45'	18h15	Step	CROSS BOX		
45'	19h00	Body barre	60'	12h30	WOD
45'	19h45	HIIT	60'	17h30	WOD
60'	20h30	Zumba	60'	18h30	WOD
			60'	19h30	TRX

JEUDI

STUDIO FITNESS			STUDIO WELLNESS		
45'	10h00	Culture physique	45'	10h00	Pilates
45'	10h45	Body barre	45'	10h45	Body flow
			45'	17h30	Pilates
60'	12h30	Body sculpt	45'	18h15	Yoga (Yin)
			45'	19h00	Pilates
45'	17h30	Body sculpt	45'	19h45	Body flow
45'	18h15	HIIT	CROSS BOX		
45'	19h00	CAF	60'	12h30	HYROX
45'	19h45	Step	60'	17h30	HYROX
60'	20h30	Combat (Boxe anglaise)	60'	18h30	WOD
			60'	19h30	WOD

VENDREDI

STUDIO FITNESS			STUDIO WELLNESS		
45'	10h00	Culture physique	45'	10h00	Body flow
45'	10h45	CAF	45'	10h45	Pilates
			60'	18h00	Yoga (Fly)
60'	12h30	Body barre	45'	19h00	Pilates (Flow)
45'	17h30	CAF			
45'	18h15	HIIT	CROSS BOX		
45'	19h00	Body barre	60'	12h30	WOD
45'	19h45	Aérobixe	60'	17h30	WOD
45'	20h30	Zumba	60'	18h30	HYROX

SAMEDI

STUDIO FITNESS		
60'	10h00	Body sculpt
60'	11h00	Body barre
60'	12h00	HIIT
STUDIO WELLNESS		
60'	10h00	Yoga (Hatha)
60'	11h00	Yoga (Hatha)
CROSS BOX		
60'	10h00	TRX
60'	11h00	WOD
60'	12h00	HYROX

DIMANCHE

STUDIO FITNESS		
60'	10h00	Body sculpt
60'	11h00	Body barre
60'	12h00	Aérobixe
STUDIO WELLNESS		
60'	10h00	Pilates
60'	11h00	Pilates
CROSS BOX		
60'	10h00	HYROX
60'	11h00	WOD
60'	12h00	TRX



Consultez vos plannings, réservez
vos cours et restez informés grâce
à l'application gratuite Xplor Active



Renforcement Musculaire



Boxe & Self Defense



Etirements & Postures



Small Group Training



Cardio Training



Danse