




Fitness Classes (Valid from 2022 September 05th to December 31st)

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	Time	Class / Teacher	Objective / Level	
AM	8am	Fit HIIT <i>Antoine</i>	Energy	8am	TAF <i>Omar</i>	Energy	8am	Cardio Defense System <i>Patty</i>	Energy	9am	Spinning (Intervals) <i>Christophe</i>	Vitality	8.30am	Bosu Training <i>Guyroger</i>	Energy	9.15am	Yogalates <i>Colette</i>	Serenity	10am	Wake-Up Yoga <i>Malik</i>	Serenity	
	9am	Body Sculpt <i>Louise</i>	Energy	9.15am	Yin Yoga <i>Sylvie</i>	Serenity	9am	TAF <i>Patty</i>	Energy	9.15am	Cardio Interval Training <i>Louise</i>	Energy	9.45am	TAF <i>Delis</i>	Energy	10.30 am	Kundalini Yoga <i>Charlotte</i>	Serenity	11am	Body Sculpt <i>Patty</i>	Energy	
	10am	Pilates Matwork <i>Christopher</i>	Serenity	10.15am	Aqua Fitness <i>Omar</i>	Vitality	10.15am	Pilates Matwork <i>Sylvie</i>	Serenity	10.15am	Aqua Fitness <i>Delis</i>	Vitality	11am	Aqua Fitness <i>Delis</i>	Vitality				12am	Spinning (Endurance) <i>Jessica</i>	Energy	
	10am	Aqua Fitness <i>Aur�lie</i>	Vitality	10.30am	Conscience Corporelle <i>Isabelle</i>	Serenity	10.15am	Aqua Fitness <i>Patty</i>	Vitality	11am	Gi Gong - Taiji Quan <i>Thierry</i>	Serenity	11am	Hatha Yoga <i>Colette</i>	Serenity							
	11am	Deep Sculpting <i>Elise</i>	Energy	12.30am	Gym Dos <i>Laurent</i>	Serenity	11.30am	Fit on Ball <i>Laurent</i>	Vitality				12.30pm	Bungypump <i>Jessica</i>	Vitality							
	12.15am	Gym Dos <i>Laurent</i>	Serenity				12.30am	Kundalini Yoga <i>Charlotte</i>	Serenity													
APM				1.45pm	Gym Douce <i>Isabelle</i>	Serenity				4.30pm	Sitting Pilates <i>Sylvie</i>	Serenity	1.30pm	Gym Dos <i>Laurent</i>	Serenity							
PM	6pm	Spinning (Strength) <i>Albert</i>	Energy	5pm	Gi Gong - Taiji Quan <i>Thierry</i>	Serenity	6pm	Gym Dos <i>Laurent</i>	Serenity	6pm	Power Yoga <i>Malik</i>	Vitality	6pm	Spinning (Endurance) <i>Albert</i>	Vitality	5.30pm	Spinning (Intervals) <i>Jean-Philippe</i>	Energy				
	6pm	Pilates <i>Barbara</i>	Vitality	6.30pm	TBC <i>Jessica</i>	Energy	7pm	Spinning (Intervals) <i>Jessica</i>	Energy	7pm	TBC <i>Catherine</i>	Energy										
	6.15pm	Aqua Fitness <i>Patty</i>	Vitality	7.30pm	Spinning (Intervals) <i>Jessica</i>	Energy	8.15pm	Body Step <i>Jessica</i>	Energy													
	7pm	Aero Fit <i>Patty</i>	Energy	8pm	Fit Defense <i>Antoine</i>	Energy																
	8pm	Zumba <i>Patty</i>	Energy																			

Legend: **Objective**
 Serenity
 Vitality
 Energy

Please book your class in advance



