




Fitness Classes (Valid from 2021 Sept 06th to December 31st)

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Time	Class / Teacher	Objectif / Level	Time	Class / Teacher	Objectif / Level	Time	Class / Teacher	Objectif / Level	Time	Class / Teacher	Objectif / Level	Time	Class / Teacher	Objectif / Level	Time	Class / Teacher	Objectif / Level	Time	Class / Teacher	Objectif / Level
10am	Pilates Matwork <i>Christopher</i>	Energy	8am	TAF <i>Omar</i>	Energy	8am	Cardio Defense System <i>Patty</i>	Energy	8am	Pilates Matwork <i>Catherine</i>	Serenity	8.30am	Bosu Training <i>Guyroger</i>	Energy	9.15am	Yogalates <i>Colette</i>	Serenity	11am	Body Sculpt <i>Patty</i>	Energy
10am	Aqua Fitness <i>Aurélie</i>	Vitality	9.15am	Yin Yoga <i>Sylvie</i>	Serenity	9am	TAF <i>Patty</i>	Energy	9am	Spinning (Intervals) <i>Christophe</i>	Vitality	9.45am	TAF <i>Delis</i>	Energy	10.30 am	Hatha Yoga <i>Geneviève</i>	Serenity	12am	Spinning (Endurance) <i>Jessica</i>	Energy
11am	Pump it up <i>Delis</i>	Energy	10.15am	Aqua Fitness <i>Omar</i>	Vitality	10.15am	Pilates Matwork <i>Sylvie</i>	Serenity	9.30am	Cardio Interval Training <i>Louise</i>	Energy	11am	Aqua Fitness <i>Delis</i>	Vitality	4.30pm	Fit Dance <i>Camille</i>	Vitality			
12.15am	Gym Dos <i>Laurent</i>	Serenity	10.30am	Conscience Corporelle <i>Isabelle</i>	Serenity	10.15am	Aqua Fitness <i>Patty</i>	Vitality	10.15am	Aqua Fitness <i>Delis</i>	Vitality	11am	Hatha Yoga <i>Sophie</i>	Serenity	5.30pm	Spinning (Spin Power) <i>Jean-Philippe</i>	Energy			
6pm	Spinning (Strength) <i>Albert</i>	Energy	12.30am	Gym Dos <i>Laurent</i>	Serenity	11.30am	Fit on Ball <i>Laurent</i>	Vitality	11am	Gi Gong - Taiji Quan <i>Thierry</i>	Serenity	12.15am	Yoga de l'eau <i>Sophie</i>	Serenity						
6pm	Pilates <i>Barbara</i>	Vitality	6pm	TBC <i>Jessica</i>	Energy	6pm	Spinning (Intervals) <i>Jessica</i>	Energy	6pm	Power Yoga <i>Malik</i>	Vitality	1.30pm	Gym Dos <i>Laurent</i>	Serenity						
7.15pm	Aero Fit <i>Patty</i>	Energy	7.30pm	Spinning (Intervals) <i>Jessica</i>	Energy	6pm	Gym Dos <i>Laurent</i>	Serenity				5.30pm	Spinning (Endurance) <i>Albert</i>	Vitality						
						7.15pm	Body Step <i>Jessica</i>	Energy				6.30pm	Gi Gong - Taiji Quan <i>Thierry</i>	Serenity						

Legend: **Objective**
 Serenity
 Vitality
 Energy

Please book your class in advance

