

# FITNESS

## Group Class Schedule

[Register](#)


### TOTAL BODY CORE

TBC is a class that combines strength training and cardio. It is an intense sport that allows you to expend energy while doing yourself good.



### HIIT

High-Intensity Interval Training method. A session consists of alternating periods of very intense effort and recovery. The exercises are typically bodyweight exercises and are performed together.



### LEGS WORKOUT

Wed - 12:10-12:55 indoor

Alternating ground and standing exercises to strengthen the glutes, thighs, and calves, and to achieve toned and dynamic legs. This class consists of exercises, with or without equipment.



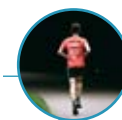
### CORE EXPRESS

Muscle-strengthening classes for the abdominal girdle and deep abdominal muscles, such as the transversal abs and pelvic floor. Slim your waist and sculpt your tummy! Class open to all.



### PILATES

A gentle gymnastics method that focuses on developing deep muscles, improving posture, and protecting the spine. It is practiced on the floor with the use of small equipment.



### RUNNING

Wed - 12:10-12:55 outdoor

Activity accessible to all and conducive to numerous health benefits: strengthening of the cardiovascular system, calorie burning, muscle strengthening, flexibility, agility, stress relief, and relaxation.



### SKILLBIKE

An intensive group training method on an ergonomic stationary bike. The skillbike allows for a strong cardio-respiratory workout while providing a complete lower body strengthening.



### STRETCHING

Long confined to the physical preparation of athletes, stretching is now a full-fledged sports activity aimed at improving flexibility and reducing bodily tension.



### YOGA

A discipline that combines physical postures, breathing exercises, and meditation. The class offers a combination of different types of yoga: Hatha, Vinyasa, and Yin Yoga.



### BOXING

French boxing, alternated with cardio training to work on your technique while burning a maximum of calories. Strengthen your muscle tone, coordination, and speed.



### CORE POWER

High-intensity class targeting your abs, incorporating muscle strengthening. For circuit training enthusiasts who want to add an extra dimension to their exercises.



### BIKE THE CHASE

Intense 30-minute course focused on climbing passes with various drops. Combines powerful cardiovascular work with muscle strengthening.

#### Type of training

Muscle strengthening

Cardio training

Well-being

\* Class start time



Book a free session by scanning the QR code or by contacting us at 058 400 36 31.

| Hours       | Monday                     | Tuesday               | Wednesday                 | Thursday           | Friday               |
|-------------|----------------------------|-----------------------|---------------------------|--------------------|----------------------|
| 7am - 8am   |                            |                       | *7H15 STRETCHING 30'      |                    |                      |
| 8am - 9am   |                            |                       |                           |                    |                      |
| 9am - 10am  |                            |                       |                           |                    |                      |
| 10am - 11am |                            |                       |                           |                    |                      |
| 11am - 12am |                            |                       |                           |                    |                      |
| 12am - 1pm  | *12:10 TOTAL BODY CORE 60' | *12:10 YOGA 45'       | *12:10 LEGS / RUNNING 45' | *12:10 HIIT 45'    | *12:10 SKILLBIKE 45' |
| 1pm - 2pm   |                            | *13:00 CORE POWER 30' |                           |                    |                      |
| 2pm - 3pm   |                            |                       |                           |                    |                      |
| 3pm - 4pm   |                            |                       |                           |                    |                      |
| 4pm - 5pm   |                            |                       |                           |                    |                      |
| 5pm - 6pm   | *17:15 ABDOS EXPRESS 15'   | *17:15 BOXE 45'       | *17:15 ABDOS EXPRESS 15'  | *17:15 PILATES 45' |                      |
| 6pm - 7pm   | *17:45 HIIT 45'            |                       | *17:45 HIIT 45'           |                    |                      |
| 7pm - 8pm   |                            | *18:20 YOGA 60'       | *18:45 SKILLBIKE 45'      | *18:20 YOGA 60'    |                      |

No group classes on Saturdays and Sundays.