

Group Class Schedule

TOTAL BODY CORE ●●

Intensive course combining muscle strengthening and cardio training, to exercise while taking care of yourself.

HIIT ●

High-intensity interval training, alternating intense efforts and recovery.

LEGS WORKOUT ●

Floor and standing exercises to strengthen glutes, thighs and calves for toned and dynamic legs.

CORE EXPRESS ●

A strengthening class focused on the abdominal belt and deep muscles. Slim your waist, sculpt your tummy!

PILATES ●●

Gentle gymnastics method to strengthen deep muscles, improve posture and protect the spine.

STRETCHING ●●

A sporting activity in its own right, stretching improves flexibility, relaxation and mobility.

YOGA ●●

A discipline combining postures, breathing and meditation, with a combination of Hatha, Vinyasa and Yin Yoga.

BOXE ●●

French boxing and cardio training to burn maximum calories, strengthen tone, coordination and speed.

CORE POWER ●

Intensive course targeting abs with muscle strengthening, ideal for circuit training enthusiasts looking for an extra challenge.

BIKE THE CHASE ●

Intense 30-minute class simulating mountain climbs. Combines powerful cardio and muscle strengthening.

Type de formation

Renforcement musculaire

Cardio training

Bien-être



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

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
06:30	STRETCHING ●● Start : 7:15 am Duration : 30 min	CIRCUIT TRAINING ● Start : 7:15 am Duration : 30 min	GYM BACK ● Start : 7:15 am Duration : 30 min	CORE POWER ● Start : 7:15 am Duration : 30 min	STRETCHING ●● Start : 7:15 am Duration : 30 min
	CIRCUIT TRAINING ● Start : 9:30 am Duration : 30 min	GYM BACK ● Start : 9:30 am Duration : 30 min	STRETCHING ●● Start : 9:30 am Duration : 30 min		
10:00*					
11:30	FERMÉ	FERMÉ	FERMÉ	FERMÉ	FERMÉ
	TOTAL BODY CORE ●● Start : 12:10 am Duration : 60 min	YOGA ●● Start : 12:10 am Duration : 45 min	LEGS ● Start : 12:10 am Duration : 45 min	HYMILL ● Start : 12:10 am Duration : 45 min	SKILL BIKE ● Start : 12:10 am Duration : 45 min
		CORE POWER ● Start : 1:00 pm Duration : 30 min			
	CORE EXPRESS ● Start : 5:15 pm Duration : 15 min	BOXE ●● Start : 5:15 pm Duration : 45 min	CORE EXPRESS ● Start : 5:15 pm Duration : 15 min		
	HIIT ● Start : 5:45 pm Duration : 45 min		HIIT ● Start : 5:45 pm Duration : 45 min		
		YOGA ● Start : 6:20 pm Duration : 60 min	PILATES ● Start : 6:30 pm Duration : 60 min	YOGA ● Start : 6:20 pm Duration : 60 min	
20:30					