



Horaire 2017



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9:45 B-Stretch	10:15 B-TAF	10:15 B-Balance	10:15 B-Fit&Stretch	10:15 B-Pilates		
10:30 B-Functional	11:00 SYN Senior				10:15 Funct-Cycling	09:30 B-Functional
11:15 B-ZUMBA	11:15 B-Functional	11:15 B-Functional	11:15 B-Functional	11:15 B-Functional	11:00 B-Functional	11:30 B-Functional
12h-14h Multi sports					11:15 ★ B-Sprint	
16h-17h Badminton	15h-17h Badminton		11h-13h Multi sports		12:00 B-ZUMBA	
17:30 B-Functional	17:30 B-Functional	17:30 B-Functional	17:30 B-Functional	17h-21h Club du Vendredi Voir Coach		
18:00 Funct-cycling	18:00 B-SCULPT	18:00 ★ B-sprint	18:00 B-SCULPT			19h-21h Multi sports sur réservation uniquement.
19:00 B-Pilates	19:00 B-YOGA	19:00 Funct-cycling	19:00 B-Zumba	19:00 B-Functional		
20:00 Krav Maga	20:00 Syn Femme			20 à 22h ★ Danse Latina	20h-22h Multi sports Inscription Bar	

★ cours demandant une réservation.
● cours en attente de confirmation

Espace:

Cours collectif

Group Cycling

Omnia

Salle Omni