



PROGRAM FROM JANUARY 2nd to JANUARY 31st 2017 included

update: 30/12/16

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>09H30-10H30 PILATES SCULPT ISABELLE</p> <p>10H30-11H30 AQUAGYM ISABELLE</p> <p>12H15-13H00 YOGA NIDRA DANIELE</p> <p>17H15-18H15 LADY'S BOXING TRG SAMY</p> <p>18H15-19H15 BOXING TRAINING SAMY</p>	<p>09H30-10H30 BODY HARMONY CATHY</p> <p>10H30-11H30 AQUAGYM CATHY</p> <p>12H15-13H00 TBC SEVERINE</p> <p>18H00-19H00 YOGA Body&Mind SYLVIE</p> <p>19H00-20H00 AQUA GYM SYLVIE</p>	<p>09H30-10H30 YOGA SYLVIE</p> <p>10H00-11H30 NORDIC WALKING SONIAN WOOD * HELENA</p> <p>17H15-18H15 LADY'S BOXING TRG SAMY</p> <p>18H15-19H15 BOXING TRAINING SAMY</p> <p>19H15-20H15 SUSPENSION TRG BEN</p>	<p>09H30-10H30 TAF SEVERINE</p> <p>10H30-11H30 AQUA GYM SYLVIE</p> <p>12H15-13H00 KUNDALINI YOGA SYLVIE</p> <p>18H00-19H00 KUNDALINI YOGA SYLVIE</p> <p>19H00-20H30 TAI CHI ** THIERRY</p>	<p>09H15-10H15 PILATES MAT ISABELLE</p> <p>10H30-12H00 NORDIC WALKING DOLCE ISABELLE</p> <p>12H15-13H00 PILATES SCULPT ISABELLE</p> <p>12H45 - 14H15 NORDIC WALKING SONIAN WOOD * CHRISTINE</p>	<p>09H30-11H00 NORDIC WALKING SONIAN WOOD * CHRISTIAN</p>	<p>16H30 - 17H30 FUNCTIONAL TRG BEN</p> <p>17H30-18H30 MIXED MARTIAL BEN</p>

Legend:

- Wellness
- Muscular
- Cardio soft
- Cardio
- PT** Personal Training on appointment: PRICE €50/45 min
- Functional & Suspension Training
- Aqua
- TBC TOTAL BODY CONDITION

NEW New classes or coach
 * Program and locations sent by e mail
 🌿 Outdoor (The instructor may propose an indoor solution in case of extreme bad weather conditions / to the instructor's appreciation only)
 ** Outdoor depending on the weather and / or the season (to the instructor's appreciation)
 ♀ "Women only" sessions
 ⚠️ **Instructors are likely to be replaced and classes canceled; pay attention to the cancellation dates announced by e mail**
 AQUA classes are 1 hour session, class preparation and warming up included. The class lasts 45 minutes.
 NO CLASSES ON BANK HOLIDAYS

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