

## 08h30 - 12h00

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SABEDI	DIMANCHE
G-START 45' -09:00-09:45	G-START 60' -09:00-09:45	PILATES* 45' -08:30-09:15	BODYPUMP 40' -09:00-10:00	G-START 45' -09:00-09:45	G-TRAINING 45' -09:30-10:15	G-START 45' -10:00-10:45
AQUATRaining <sup>45'</sup> -09:15-10:00	AQUABIKE* 45' -09:15-10:00	AQUATRaining <sup>45'</sup> -09:15-10:00	AQUATRaining <sup>45'</sup> -09:15-10:00	AQUATRaining <sup>45'</sup> -09:45-10:30	AQUATRaining <sup>45'</sup> -09:30-10:15	G-STRETCH 30' -11:00-11:30
AF 30' -09:45-10:15	BODYBALANCE <sup>60'</sup> -10:00-11:00	CAF 45' -09:30-10:15	G-STRETCH 45' -10:15-11:00	G-BIKE 45' -10:00-10:45	G-BIKE 45' -10:15-11:00	
G-STRETCH 45' -10:15-11:00	AQUABIKE* 45' -10:45-11:30	G-STRETCH 45' -10:15-11:00	AQUABIKE* 45' -10:45-11:30	AQUABIKE* 45' -10:45-11:30	G-STYLE 45' -10:30-11:15	
AQUABIKE* 45' -10:45-11:30		AQUABIKE* 45' -10:45-11:30		PILATES* 45' -11:15-12:00	AQUABIKE* 45' -10:30-11:15	
					AF 30' -11:30-12:00	
					G-YOGA 60' -11:15-12:15	

## 12h30 - 13h15

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
BODYPUMP 45' -12:30-13:15	BODYCOMBAT 40' -12:30-13:30	G-CIRCUIT 45' -12:30-13:15	CAF 45' -12:30-13:15	G-PULSE 45' -12:30-13:15
PILATES* 45' -12:30-13:15	CAF 45' -12:30-13:15	AQUABIKE* 45' -12:30-13:15	G-BIKE 45' -12:30-13:15	AQUABIKE* 45' -12:30-13:15
AQUABIKE* 45' -12:30-13:15	G-AQUA 45' -12:30-13:15	G-YOGA 60' -12:30-13:30		

## 14h00 - 20h35

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
G-BOXE 30' -14:00-17:00	G-BOXE 30' -14:00-17:00	AQUATRaining <sup>45'</sup> -15:00-15:45	AQUATRaining <sup>45'</sup> -15:00-15:45	FREEACCESS MMA <sup>30'</sup> -16:30-18:00
AF 30' -17:15-17:45	CAF 45' -17:30-18:15	G-AQUA 45' -17:30-18:15	AQUABIKE* 45' -17:30-18:15	G-CHALLENGE 45' -18:15-19:00
G-AQUA 45' -17:30-18:15	AQUABIKE* 45' -17:30-18:15	G-STEP 3 45' -18:00-18:45	G-TRAINING 45' -18:00-18:45	G-BIKE 45' -19:15-20:00
G-STEP 2 45' -18:00-18:45	BODYPUMP 60' -18:00-19:00	G-FORCE 45' -18:00-18:45	AF 30' -18:15-18:45	
G-FORCE 45' -18:00-18:45	G-STRETCH 30' -18:30-19:00	G-BIKE 45' -18:00-18:45	G-AQUA 45' -18:30-19:15	
AQUABIKE* 45' -18:30-19:15	AQUABIKE* 45' -18:30-19:15	AQUABIKE* 30' -18:30-19:10	BODYPUMP 60' -19:00-20:00	
G-STYLE 45' -19:00-19:45	G-PULSE 45' -19:15-20:00	BODYCOMBAT 60' -19:00-20:00	G-BIKE 45' -19:00-19:45	
PILATES* 45' -19:00-19:45	G-BIKE 45' -19:15-20:00	BODYBALANCE <sup>60'</sup> -19:00-20:00	AQUABIKE* 45' -19:30-20:15	
G-BIKE 45' -19:00-19:45	G-AQUA* 30' -19:30-20:00	G-SPEED 35' -19:15-19:45		
AQUABIKE* 45' -19:30-20:15		AQUABIKE* 45' -19:30-20:15		
G-STRETCH 30' -20:00-20:30				



**GYMNEZIV**  
Since 1983

### HORAIRE DU CLUB

Lundi-vendredi 07:30-21:00  
Samedi-Dimanche 09:00-13:00

Planning non contractuel applicable  
au 22 décembre 2021