

# L.A.SALLE.DE.SPORT

WITH **Reebok**

A DATER DU 31 AOUT 2020

200 COURS PAR SEMAINE  
4 EXPERIENCES D'ENTRAINEMENT  
100% COACHÉS  
CORNER RECOVERY  
MASSAGE & OSTÉOPATHIE  
100% SÉCURISÉ

GESTION DES FLUX - PRESENCE REDUITE PAR COURS - ESPACE DE PRATIQUE ET EQUIPEMENT DEDIES - DISTANCIATION PHYSIQUE  
30 MIN DE BATTEMENT POUR DESINFECTIION COMPLETE DU MATERIEL

## SALLE 1 - YOGA / PILATES

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:45 - 8:30 YOGA VINYASA Olivia	7:45 - 8:30 PILATES Christelle	7:45 - 8:30 YOGA VINYASA Alya	7:45 - 8:30 PILATES Maxime	7:45 - 8:30 YOGA VINYASA Alya	10:00 - 10:45 YOGA HATHA FLOW Stephanie	10:00 - 10:45 PILATES BARRE Domitille
12:00 - 12:45 PILATES Camille	11:45 - 12:30 PILATES Medhi	12:00 - 12:45 PILATES Diane	12:00 - 12:45 YOGA VINYASA Fabrice	11:30 - 12:15 YOGA VINYASA Noemie	11:15 - 12:00 YOGA YIN Stephanie	11:15 - 12:00 YOGA VINYASA Cynthia
13:15 - 13:45 TABATA SDS Camille	13:00 - 13:45 YOGA HATHA FLOW Stephanie	13:15 - 13:45 TABATA SDS Sandra	13:15 - 13:45 HIIT YOGA Fabrice	12:45 - 13:30 PILATES FUSION Adele	12:30 - 13:15 PILATES FUSION Lisa	12:30 - 13:15 YOGA HATHA Cynthia
14:00 - 14:30 TABATA SDS Camille		14:00 - 14:30 TABATA SDS Sandra			13:45 - 16:15 MASTER CLASS	
17:00 - 17:30 TABATA SDS Morgan					14:45 - 17:30 PILATES FLOW Milla	16:00 - 17:30 MASTER CLASS
18:00 - 18:45 YOGA VINYASA Celine	18:00 - 18:45 YOGA VINYASA Camille	18:00 - 18:45 PILATES FUSION Adele	18:00 - 18:45 YOGUYS Laura	18:00 - 18:45 YOGA VINYASA Olivia	18:00 - 18:45 YOGA VINYASA Olivia	
19:15 - 20:00 YOGA YIN Celine	19:15 - 20:00 YOGUYS Laura	19:15 - 20:00 HIIT YOGA Fabrice	19:15 - 20:00 YOGA VINYASA Cynthia	19:15 - 20:00 YOGA YIN Stephanie		
20:30 - 21:15 PILATES FUSION Noemie	20:30 - 21:15 PILATES FLOW Milla	20:30 - 21:15 VINYASA YOGA Noemie	20:30 - 21:15 YOGA YIN Cynthia			

## SALLE 3 - CROSSFIT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:00 - 7:45 WOD Julien	7:00 - 7:45 WOD Julien	7:00 - 7:45 WOD Morgan	7:00 - 7:45 WOD Julien	7:00 - 7:45 WOD Sandra	9:15 - 10:00 WOD Remi	9:15 - 10:00 WOD Remi
8:15 - 9:00 WOD CONDITIONING Julien	8:15 - 9:00 WOD Morgan	8:15 - 9:00 WOD Morgan	8:15 - 9:00 WOD CONDITIONING Julien	8:15 - 9:00 WOD CONDITIONING Sandra	10:30 - 11:15 WOD Remi	10:30 - 11:15 WOD Remi
9:30 - 10:15 MEN BODY Julien	9:30 - 10:15 WOD CONDITIONING Morgan	9:30 - 10:15 MEN BODY Samuel	9:30 - 10:15 HALTERO Antoine	9:30 - 10:15 BOOTY SHAPE Sandra	11:45 - 12:30 WOD Remi	11:45 - 12:30 WOD Remi
11:30 - 12:15 WOD Julien	11:00 - 11:45 BOOTY SHAPE Fiana	11:30 - 12:15 WOD Julien	11:30 - 12:15 WOD Antoine	12:00 - 12:45 WOD Curtis	13:00 - 13:45 WOD CONDITIONING Remi	13:00 - 13:45 WOD CONDITIONING Remi
12:45 - 13:15 FAST WOD Morgan	12:15 - 13:00 WOD Antoine	12:45 - 13:30 POWER LIFTING Julien	12:45 - 13:15 FAST WOD Antoine	13:15 - 14:00 FAST WOD Curtis	14:45 - 15:30 WOD Remi	
13:30 - 14:00 FAST WOD Morgan	13:30 - 14:15 HALTERO Antoine		13:45 - 14:15 FAST WOD Antoine		16:00 - 16:45 WOD Remi	
16:00 - 16:45 OPEN GYM CROSSFIT	15:45 - 16:30 OPEN GYM CROSSFIT	15:45 - 16:30 OPEN GYM CROSSFIT	15:45 - 16:30 OPEN GYM CROSSFIT	16:15 - 17:00 OPEN GYM CROSSFIT	17:15 - 18:00 WOD CONDITIONING Fiana	
17:15 - 18:00 WOD Antoine	17:00 - 17:45 GYM Morgan	17:00 - 17:45 WOD Morgan	17:00 - 17:45 WOD Samuel	17:30 - 18:15 WOD CONDITIONING Maureen		
18:30 - 19:15 WOD Antoine	18:15 - 19:00 WOD Morgan	18:15 - 19:00 WOD Antoine	18:15 - 19:00 WOD CONDITIONING Samuel	18:45 - 19:30 WOD Maureen		
19:45 - 20:30 WOD Morgan	19:30 - 20:15 WOD Morgan	19:30 - 20:15 WOD Antoine	19:30 - 20:15 WOD Curtis	20:00 - 20:45 WOD Maureen		
21:00 - 21:45 WOD CONDITIONING Morgan	20:45 - 21:30 WOD CONDITIONING Fiana	20:45 - 21:30 GYM Antoine	20:45 - 21:30 WOD Curtis	20:45 - 21:30 WOD Curtis		

## SALLE 2 - BOXING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:15 - 8:00 BOXE ANGLAISE Aziz	7:15 - 8:00 BOXE ANGLAISE Aziz	7:15 - 8:00 BOXE & BAG 45 Patrick	7:15 - 8:00 BOXE ANGLAISE Patrick	7:15 - 8:00 BOXE ANGLAISE Philippe	9:30 - 10:15 BOXE & BAG 45 Krimo	9:30 - 10:15 BOXE & BAG 45 Patrick
8:30 - 9:15 CONDITIONING BOXE Aziz	8:30 - 9:15 BOXE & BAG 45 Aziz	8:30 - 9:15 CONDITIONING BOXE Patrick	8:30 - 9:15 BOXE & BAG 45 Patrick	8:30 - 9:15 CONDITIONING BOXE Aziz	10:45 - 11:30 BOXE THAI Krimo	10:45 - 11:30 BOXE ANGLAISE Patrick
9:15 - 10:00 OPEN GYM BOXE	9:15 - 10:00 OPEN GYM BOXE	9:15 - 10:00 OPEN GYM BOXE	9:15 - 10:00 OPEN GYM BOXE	9:15 - 10:00 OPEN GYM BOXE	12:00 - 12:45 BOXE FRANCAISE Jean-Baptiste	12:00 - 12:45 BOXE FRANCAISE Patrick
11:45 - 12:30 BOXE ANGLAISE Jean-Baptiste	12:00 - 12:45 BOXE ANGLAISE Krimo	11:45 - 12:30 BOXE ANGLAISE Sebastien	11:45 - 12:30 CONDITIONING BOXE Franck	11:45 - 12:30 BOXE FRANCAISE Jean-Baptiste	13:15 - 14:00 CONDITIONING BOXE Jean-Baptiste	13:15 - 14:00 CONDITIONING BOXE Patrick
13:00 - 13:45 BOXE FRANCAISE Jean-Baptiste	13:15 - 14:00 BOXE THAI Krimo	13:00 - 13:45 BOXE & BAG 45 Sebastien	13:00 - 13:45 BOXE ANGLAISE Franck	13:00 - 13:45 BOXE ANGLAISE Jean-Baptiste	14:30 - 16:00 MASTER CLASS	14:30 - 16:00 MASTER CLASS
15:45 - 16:30 OPEN GYM BOXE	16:00 - 16:45 OPEN GYM BOXE	16:00 - 16:45 OPEN GYM BOXE	16:00 - 16:45 OPEN GYM BOXE	16:00 - 16:45 OPEN GYM BOXE	16:30 - 17:15 BOXE ANGLAISE Lucia	
17:00 - 17:45 BOXE & BAG 45 Lucie	17:15 - 18:00 BOXE THAI Sebastien	17:15 - 18:00 CONDITIONING BOXE Sebastien	17:15 - 18:00 CONDITIONING BOXE Ibrahim	17:15 - 18:00 BOXE & BAG 45 Aziz	17:45 - 18:15 CONDITIONING BOXE Lucie	
18:15 - 19:00 BOXE ANGLAISE Lucie	18:30 - 19:15 BOXE ANGLAISE Sary	18:30 - 19:15 BOXE FRANCAISE Jean-Baptiste	18:30 - 19:15 BOXE FRANCAISE Ibrahim	18:30 - 19:15 BOXE THAI Aziz		
19:30 - 20:15 BOXE THAI Patrick	19:45 - 20:30 BOXE FRANCAISE Sary	19:45 - 20:30 BOXE FRANCAISE Jean-Baptiste	19:45 - 20:30 BOXE ANGLAISE Patrick	19:45 - 20:30 CONDITIONING BOXE Aziz		
20:45 - 21:15 CONDITIONING BOXE Patrick	21:00 - 21:45 CONDITIONING BOXE Sary	21:00 - 21:45 BOXE ANGLAISE Jean-Baptiste	21:00 - 21:45 BOXE & BAG 45 Patrick			

## SALLE 4 - CYCLING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
7:30 - 8:15 RPM 45 Nathalie	7:30 - 8:15 RPM 45 Nathalie	7:30 - 8:15 FREE RIDE 45 Sandra	7:30 - 8:15 SPINNING 45 Sebastien	7:30 - 8:15 FREE RIDE 45 Alwine	9:45 - 10:30 FREE RIDE 45 Emilie	9:45 - 10:30 FREE RIDE 45 Pauline
12:15 - 13:00 FREE RIDE 45 Adele	11:30 - 12:15 WATT 45 Samuel	12:15 - 13:00 FREE RIDE 45 Sandra	12:15 - 13:00 FREE RIDE 45 Pauline	11:45 - 12:30 RPM 45 Sylvain	12:15 - 13:00 FREE RIDE 45 Emilie	12:15 - 13:00 WATT 45 Pauline
13:30 - 14:15 FREE RIDE 45 Adele	12:45 - 13:15 RPM 45 Samuel	13:30 - 14:15 WATT 45 Alwine	13:30 - 14:15 WATT 45 Pauline	13:00 - 13:45 RPM 45 Sylvain		
17:30 - 18:15 RPM 45 Thierry-Joel	17:30 - 18:15 SPINNING 45 Sebastien	17:30 - 18:15 SPINNING 45 Sebastien	17:30 - 18:15 FREE RIDE 45 Fanny	17:30 - 18:15 WATT 45 Alwine	16:15 - 17:00 FREE RIDE 45 Emilie	
18:45 - 19:30 FREE RIDE 45 Thierry-Joel	18:45 - 19:30 SPINNING 45 Sebastien	18:45 - 19:30 SPINNING 45 Sebastien	18:45 - 19:30 FREE RIDE 45 Fanny	18:45 - 19:30 FREE RIDE 45 Alwine		
17:30 - 18:15 RPM 45 Thierry-Joel	17:30 - 18:15 SPINNING 45 Sebastien	17:30 - 18:15 SPINNING 45 Sebastien	17:30 - 18:15 FREE RIDE 45 Fanny			