

SALLE 1 - YOGA / PILATES

LUNDI	MARDI	MERCREDI	JEUDI	VENDEDI	SAMEDI	DIMANCHE
	7:45 - 8:30 YIN YANG YOGA Alya			7:45 - 8:30 YIN YANG YOGA Celine		
					10:15 - 11:15 YOGA VINYASA Olivia	10:45 - 11:45 YOGA VINYASA Christelle
12:30 - 13:30 NORDIC PILATES Minna	12:15 - 13:15 YOGA VINYASA Christelle	12:15 - 13:15 PILATES Diane	12:30 - 13:30 HATHA YOGA Christelle	12:15 - 13:15 PILATES FUSION Adele	11:30 - 12:30 ATHLETIC FUSION Lisa	10:45 - 11:45 YIN YOGA Christelle
	13:15 - 13:45 HIIT TRAINING Christelle	13:15 - 13:45 CORE TRAINING Diane	13:15 - 13:45 CORE TRAINING Christelle			
				17:45 - 18:15 HIIT TRAINING Patrick		
19:00 - 20:00 YIN YOGA Celine	18:30 - 19:30 HATHA YOGA Celine	18:45 - 19:45 ATHLETIC FUSION Adele	18:00 - 19:00 INITIATION YOGA** Julia	18:30 - 19:45 YOGA VINYASA Hakima		
20:15 - 21:15 PILATES FUSION Lisa	19:45 - 20:45 PILATES FLOW Milla	20:00 - 21:00 YOGA VINYASA	19:15 - 20:15 YOGA VINYASA Julia			

SALLE 3 - CROSSFIT

LUNDI	MARDI	MERCREDI	JEUDI	VENDEDI	SAMEDI	DIMANCHE
7:00 - 8:00 WOD Julien V	7:00 - 8:00 WOD Jimmy	7:00 - 8:00 WOD Julien P	7:00 - 8:00 WOD Martin	7:00 - 7:45 WOD CONDITIONING Sandra		
8:00 - 8:45 WOD CONDITIONING Julien V	8:00 - 9:00 WOD Jimmy	8:00 - 9:00 WOD Julien P	8:00 - 8:45 WOD CONDITIONING Martin	7:45 - 8:45 BOOTY SHAPE Sandra	9:15 - 10:15 WOD TEAM Martin	9:15 - 10:00 WOD CONDITIONING Julien V
9:00 - 12:00 OPEN GYM CROSSFIT	9:00 - 11:00 OPEN GYM CROSSFIT	9:00 - 12:00 OPEN GYM CROSSFIT	9:00 - 12:00 OPEN GYM CROSSFIT	9:00 - 12:00 OPEN GYM CROSSFIT	10:15 - 11:15 WOD TEAM Martin	10:00 - 11:00 WOD Julien V
	11:15 - 12:00 MUSCU. FONCTIONNELLE Alexis	12:00 - 13:00 WOD Julien V			11:00 - 12:15 RUN & SKILLS Sandra	11:15 - 12:15 WOD Julien V
12:15 - 13:15 WOD Julien V	12:15 - 13:15 WOD Antoine	13:00 - 13:45 WOD ENDURANCE Julien P	12:00 - 12:45 WOD CONDITIONING Antoine	12:00 - 13:00 WOD Julien V	11:30 - 12:30 WOD TEAM Martin	12:15 - 13:00 WOD CONDITIONING Julien V
13:15 - 14:00 WOD CONDITIONING Julien V	13:15 - 14:00 WOD CONDITIONING Antoine	13:00 - 13:45 WOD CONDITIONING Julien V	12:45 - 13:45 WOD Antoine	13:00 - 13:45 WOD CONDITIONING Julien V	12:30 - 13:15 WOD CONDITIONING Sandra	
14:0 - 17:00 OPEN GYM CROSSFIT	14:15 - 17:45 OPEN GYM CROSSFIT	14:30 - 17:00 OPEN GYM CROSSFIT	14:00 - 17:45 OPEN GYM CROSSFIT	16:15 - 17:00 OPEN GYM CROSSFIT	15:30 - 16:00 OPEN GYM CROSSFIT	
17:30 - 18:30 WOD GYM Antoine	17:30 - 18:30 WOD HALTERO Jimmy				15:15 - 16:15 WOD TEAM Julien V	
18:30 - 19:30 WOD Antoine	17:30 - 18:30 WOD INITIATION** Sandra	17:30 - 18:15 WOD CONDITIONING Antoine			16:15 - 17:15 WOD INITIATION** Julien V	
18:45 - 20:00 RUN & SKILLS Sandra	18:30 - 19:30 WOD Jimmy	18:15 - 19:15 WOD HALTERO Antoine	17:45 - 18:45 WOD GYM Julien P	17:30 - 18:15 WOD CONDITIONING Julien P		
19:45 - 20:45 WOD Julien V	18:30 - 19:30 WOD ENDURANCE Sandra	18:30 - 19:15 MUSCU. FONCTIONNELLE Julien V	18:45 - 19:45 WOD Julien P	18:15 - 19:15 WOD Julien P		
20:00 - 20:45 BOOTY SHAPE Sandra	19:45 - 20:45 WOD Jimmy	19:30 - 20:30 WOD Julien V	20:00 - 21:00 WOD Julien P	19:30 - 20:30 WOD Julien P		
20:45 - 21:30 WOD Julien V	20:45 - 21:30 WOD CONDITIONING Jimmy	20:30 - 21:30 WOD Julien V				

* 2 fois par mois
** réservé aux abonnés

SALLE 2 - BOXING

LUNDI	MARDI	MERCREDI	JEUDI	VENDEDI	SAMEDI	DIMANCHE
7:15 - 8:15 BOXE ANGLAISE Aziz	7:00 - 12:00 OPEN GYM BOXE	7:15 - 8:00 PAO & PATTES D'OURS Krimo	7:00 - 12:00 OPEN GYM BOXE	7:15 - 8:15 BOXE ANGLAISE Philippe		
8:15 - 9:00 BOXE & BAG Aziz		8:00 - 9:00 BOXE ANGLAISE Krimo		8:15 - 9:00 CONDITIONING BOXE Philippe	9:15 - 10:00 CONDITIONING BOXE Jean-Baptiste	9:15 - 10:00 CONDITIONING BOXE Philippe
9:00 - 12:00 OPEN GYM BOXE		9:00 - 12:00 OPEN GYM BOXE		9:00 - 12:00 OPEN GYM BOXE	10:15 - 11:15 BOXE FRANCAISE Jean-Baptiste	10:15 - 11:00 PAO & PATTE D'OURS Philippe
					11:15 - 12:15 BOXE FRANCAISE 2 Jean-Baptiste	11:00 - 12:00 BOXE ANGLAISE Philippe
12:00 - 12:45 CONDITIONING BOXE Jean-Baptiste	12:00 - 13:00 BOXE FRANCAISE Philippe	12:00 - 13:00 BOXE ANGLAISE Sebastien	12:00 - 13:00 BOXE ANGLAISE Franck	12:00 - 12:45 BOXE & BAG Krimo	12:15 - 15:00 OPEN GYM BOXE	12:00 - 13:00 OPEN GYM BOXE
12:45 - 13:45 BOXE FRANCAISE Jean-Baptiste	13:00 - 13:45 BOXE & BAG Philippe	13:00 - 13:45 CONDITIONING BOXE Sebastien	13:00 - 13:45 CONDITIONING BOXE Franck	12:45 - 13:45 BOXE THAI Krimo		
14:00 - 18:00 OPEN GYM BOXE	14:00 - 18:00 OPEN GYM BOXE	14:00 - 18:15 OPEN GYM BOXE	14:15 - 18:00 OPEN GYM BOXE	16:00 - 16:45 OPEN GYM BOXE	15:00 - 16:00 INITIATION BOXE** Aziz	
					16:00 - 16:45 BOXE ANGLAISE Aziz	
18:00 - 18:45 BOXE & BAG 45 Patrick	18:00 - 18:45 BOXE & BAG 45 Lucie	18:15 - 19:00 CONDITONING BOXE Jean-Baptiste	18:15 - 19:15 BOXE ANGLAISE Ibrahim	18:30 - 19:30 BOXE ANGLAISE 2 Patrick	16:45 - 18:00 OPEN GYM BOXE	
18:45 - 19:45 BOXE FRANCAISE Patrick	18:45 - 19:45 BOXE ANGLAISE Lucie	19:00 - 20:00 BOXE FRANCAISE Jean-Baptiste	19:15 - 20:15 BOXE FRANCAISE Ibrahim			
20:00 - 21:00 BOXE ANGLAISE Patrick	20:00 - 21:00 BOXE THAI Lucie	20:15 - 21:15 BOXE FRANCAISE 2 Jean-Baptiste				

SALLE 4 - CYCLING

LUNDI	MARDI	MERCREDI	JEUDI	VENDEDI	SAMEDI	DIMANCHE
7:00 - 12:00 OPEN GYM CYCLING	7:30 - 8:15 CYCLING EXPERIENCE Nathalie	7:00 - 12:00 OPEN GYM CYCLING	7:15 - 8:00 CYCLING PERFORMANCE Sebastien	7:00 - 12:00 OPEN GYM CYCLING		
	8:30 - 12:00 OPEN GYM CYCLING		8:30 - 12:00 OPEN GYM CYCLING		10:00 - 10:45 CYCLING EXPERIENCE Jean-Philippe	10:15 - 11:00 CYCLING PERFORMANCE Nathalie
					11:00 - 11:45 CYCLING PERFORMANCE Jean-Philippe	11:15 - 12:00 CYCLING EXPERIENCE Nathalie
					12:00 - 12:45 CYCLING INITIATION** Jean-Philippe	
12:15 - 13:00 CYCLING EXPERIENCE Adele	12:45 - 13:30 CYCLING PERFORMANCE Alexis	12:45 - 13:30 CYCLING PERFORMANCE Sebastien	12:15 - 13:00 CYCLING EXPERIENCE Sebastien	12:45 - 13:30 CYCLING PERFORMANCE Roxane	13:00 - 17:30 OPEN GYM CYCLING	
14:00 - 18:00 OPEN GYM CYCLING	14:00 - 17:30 OPEN GYM CYCLING	14:00 - 18:00 OPEN GYM CYCLING	14:00 - 18:00 OPEN GYM CYCLING	14:00 - 21:00 OPEN GYM CYCLING		
	16:00 - 18:30 CYCLING POWER TEST* Fanny					
18:45 - 19:45 CYCLING PERFORMANCE Vincent	18:45 - 19:30 CYCLING EXPERIENCE Fanny	18:45 - 19:45 CYCLING PERFORMANCE Sebastien	18:15 - 19:00 CYCLING EXPERIENCE Jean-Philippe			
20:00 - 20:45 CYCLING PERFORMANCE Vincent	19:45 - 20:30 CYCLING EXPERIENCE Fanny	20:00 - 20:45 CYCLING PERFORMANCE Sebastien	19:15 - 20:00 CYCLING PERFORMANCE Jean-Philippe			



CROSSFIT . BOXING . CYCLING . YOGA . PILATES . RUNNING

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