

# PLANNING

## BORDEAUX CHARTRONS

### Lundi

10h30 (45')

PILATES

12h30 (45')

BODYPUMP

TIME'S SQUARE  
CROSS TRAINING

17h00 (30')

ABDOS FLASH

17h45 (45')

DANSE

TIME'S SQUARE  
CROSS TRAINING

18h30 (45')

BODYCOMBAT

RPM

19h30 (45')

BODYPUMP

TIME'S SQUARE  
CROSS TRAINING

### Mardi

10h30 (45')

CAF

11h30 (45')

TIME'S SQUARE  
CROSS TRAINING

12h30 (45')

PILATES\*  
REFORMER

RPM

HYROX

17h00 (45')

TIME'S SQUARE  
CROSS TRAINING

17h45 (45')

CAF

HYROX

18h30 (45')

BODYATTACK

FOCUS  
BOITY

19h30 (45')

PILATES\*  
REFORMER

RPM

TIME'S SQUARE  
CROSS TRAINING

### Mercredi

7h00 (45')

TIME'S SQUARE  
CROSS TRAINING

10h30 (45')

DOS & ABDOS

11h30 (45')

PILATES\*  
REFORMER

RPM

12h30 (45')

BODYATTACK

TIME'S SQUARE  
CROSS TRAINING

17h00 (45')

BODYPUMP

17h45 (45')

PILATES

TIME'S SQUARE  
CROSS TRAINING

18h30 (45')

STEP

BOXING

19h30 (45')

CAF

HYROX

### Jeudi

9h30 (45')

PILATES\*  
REFORMER

10h30 (45')

TIME'S SQUARE  
CROSS TRAINING

11H30 (30')

STRETCHING

12h30 (45')

BODYCOMBAT

TIME'S SQUARE  
CROSS TRAINING

17h00 (45')

BODYBALANCE

17h45 (45')

DOS & ABDOS

TIME'S SQUARE  
CROSS TRAINING

18h30 (45')

YOGA

RPM

HYROX

19h30

PILATES\*  
REFORMER

### Vendredi

10h30 (45')

PILATES\*  
REFORMER

11H30 (45')

CAF

12h30 (45')

YOGA

TIME'S SQUARE  
CROSS TRAINING

17h00 (45')

TIME'S SQUARE  
CROSS TRAINING

17h45 (45')

BODYPUMP

RPM

18h30 (45')

PILATES\*  
REFORMER

TIME'S SQUARE  
CROSS TRAINING

19h30 (30')

STRETCHING

### Samedi

10h30 (45')

BODYPUMP

11h30 (45')

RPM

12h30 (45')

TIME'S SQUARE  
CROSS TRAINING

### Dimanche

9h00 (45')

PILATES\*  
REFORMER

10h00 (45')

TIME'S SQUARE  
CROSS TRAINING

11h00 (45')

RPM

\* Hors abonnement

S Cours VIP