

# Planning Cours collectifs

Les Bruyères  
2019-2020

## Lundi

08h45 Sculpt (30')  
 09h15 Pilates (45')  
 09h30 TFAC (45')  
 10h15 Stretching (45')  
 10h30 TRX  
 11h00 Gym douce (45')

12h30 Pilates (45')  
 Bodycombat (45')

14h30 Bodypump (60')

17h45 RPM (45')  
 18h15 LIA (40')  
 Cx worx (30')  
 18h45 Bodybalance (40')  
 19h00 Bodyattack (45')  
 19h30 RPM (45')  
 19h45 Bodypump (45')  
 19h45 Fonctionnal train

## Mardi

08h45 Gym'Ton (45')

09h30 Bike (45')  
 10h30 Stretching (45')

12h30 TFAC (45')  
 RPM (45')  
 HIT 30

18h00 TFAC (45')  
 HBX boxing

18h15 RPM (45')  
 18h45 Bodycombat (45')  
 Pilates/stretch (40')  
 19h30 Bodyjam (45')  
 RPM (45')

## Mercredi

09h15 TFAC (45')  
 TRX

10h15 Stretching (45')  
 10h30 Cx worx (30')

12h30 Bodypump (45')  
 HBX boxing

17h30 Gym'Ton (30')  
 HBX boxing

18h00 Bodypump (60')  
 Pilates (30')  
 18h15 RPM (45')  
 18h30 Stretching (30')  
 19h15 Zumba (60')  
 19h15 RPM (45')

## Jeudi

09h30 LIA (45')  
 10h15 Bodypump (45')  
 11h15 Stretching (45')

12h30 Pilates/Stret (45')  
 RPM (45')  
 HBX boxing

17h30 Pilates/stret (30')  
 18h00 Sh'bam (45')  
 Cx worx (30')

18h15 TRX  
 18h30 Bodybalance(60')  
 18h45 Fonctionnal train  
 19h00 Bodyattack (60')  
 19h30 RPM (45')

## Vendredi

09h15 TFAC (45')  
 10h00 Pilates/stret (45')  
 11h00 Gym Douce (45')

12h30 Cx worx (30')  
 HIT 30

14h30 Gym'Ton (60')

18h00 Cardio (30')  
 Zumba (45')  
 RPM (45')

18h30 Abdos (30')  
 18h45 Bodypump (45')  
 19h00 Stretch (30')

## Samedi

09h30 RPM (45')  
 10h30 Bodypump (60')

11h30 Bodybalance (45')

## Dimanche

11h00 TFAC (30')  
 11h30 Stretch (30')

Les Bruyères Center  
 79 Bd de la paix  
 Pau  
 05.59.02.50.02  
[www.les-bruyeres.com](http://www.les-bruyeres.com)



# Planning Cours collectifs Aqua

2019-2020  
Les Bruyères

## Lundi

09h15	AquaTraining minceur
10h00	Aquagym
12h20	Aquabike
15h15	AquaEnergie
18h30	AquaTraining minceur
19h15	Aquabike

## Mardi

09h00	AquaViva
09h45	AquaEnergie
10h30	Aquagym
12h15	AquaEnergie
17h00	Aquagym
17h45	Aquagym
18h35	Aquabike
20h00	AquaDynamic

## Mercredi

09h15	AquaStretching Pilates
11h30	Aquagym
12h30	AquaDynamic
16h45	Aquagym
17h45	AquaEnergie
18h30	AquaEnergie
19h15	AquaTraining minceur
20h05	Aquabike

## Jeudi

09h00	AquaEnergie
10h30	Aquagym
12h30	Aquagym
15h15	AquaTraining minceur
18h00	Aquagym
18h45	Aquaboxing
20h20	AquaTraining minceur



## Vendredi

09h30	AquaViva
10h15	AquaStretching
12h20	Aquabike
14h15	Pré-Natal
18h15	AquaViva
19h05	Aquabike

## Samedi

09h30	Bébés Nageurs
10h15	Bébés Nageurs
11h00	Aquagym

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