



WELLNESS LUXURY HOTEL

GROUP COACHING LESSONS SCHEDULE

In addition to our group coaching lessons, our coaches are available for individual sessions.
 To book your lessons and consult our prices, please contact the Shape Club reception : +33 (0)4.22.73.22.14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 AM	PRE-BREAKFAST WORKOUT 30'	PRE-BREAKFAST WORKOUT 30'	PRE-BREAKFAST WORKOUT 30'	PRE-BREAKFAST WORKOUT 30'	PRE-BREAKFAST WORKOUT 30'	PRE-BREAKFAST WORKOUT 30'	PRE-BREAKFAST WORKOUT 30'
09:00 AM	RUNNING 45'	BIKE HIKE 60'	TREKKING 60'	HATHA YOGA 45'	RUNNING 45'	TREKKING 60'	HATHA YOGA 45'
10:00 AM					HATHA YOGA 45'	BIKING SPRINT 45'	CARDIO CORE TRAINING 45'
11:00 AM	LONGE COTE 45'	STRETCHING 45'	PILATES 45'	LONGE COTE 45'	MEDITATION 30'	STRETCHING 45'	VINYASA YOGA 45'
12:00 PM		MEDITATION 30'					MEDITATION 30'
03:00 PM					BIKE HIKE 60'	LONGE COTE 45'	
04:00 PM	BIKING SPRINT 45'	TRX 45'	BIKING SPRINT 45'	POSTURAL BALL 45'	TRX 45'		PILATES 45'
05:00 PM	POSTURAL BALL 45'	CARDIO CORE TRAINING 45'	VINYASA YOGA 45'	CARDIO CORE TRAINING 45'	PILATES 45'	CRAZY STAIRS 45'	TRX 45'



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PLANNING COACHINGS COLLECTIFS

En complément des cours collectifs, nos coachs sont à votre disposition pour des séances individuelles.
Afin de réserver vos cours et consulter nos tarifs, veuillez-vous adresser à la réception du Shape Club : 04.22.73.22.14

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI		DIMANCHE
08H00	MOBILITÉ À JEUN 30'	MOBILITÉ À JEUN 30'	MOBILITÉ À JEUN 30'	MOBILITÉ À JEUN 30'	MOBILITÉ À JEUN 30'	MOBILITÉ À JEUN 30'		MOBILITÉ À JEUN 30'
09H00	RUNNING 45'	BIKE HIKE 60'	TREKKING 60'	HATHA YOGA 45'	RUNNING 45'	TREKKING 60'	HATHA YOGA 45'	BIKE HIKE 60'
10H00					HATHA YOGA 45'	BIKING SPRINT 45'		CARDIO CORE TRAINING 45'
11H00	LONGE COTE 45'	STRETCHING 45'	PILATES 45'	LONGE COTE 45'	MEDITATION 30'	STRETCHING 45'		VINYASA YOGA 45'
12H00		MEDITATION 30'						MEDITATION 30'
15H00					BIKE HIKE 60'	LONGE COTE 45'		
16H00	BIKING SPRINT 45'	TRX 45'	BIKING SPRINT 45'	POSTURAL BALL 45'	TRX 45'			PILATES 45'
17H00	POSTURAL BALL 45'	CARDIO CORE TRAINING 45'	VINYASA YOGA 45'	CARDIO CORE TRAINING 45'	PILATES 45'	CRAZY STAIRS 45'		TRX 45'