Planning janvier 2026 • Cours collectifs

Vithalia

Lundi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Céline – YIN YOGA 9:00 - 9:45
- Julien – PILÂTES 10:00 - 10:45
- Camille – HATHA YOGA 11:00 - 11:45
- Anthony – CAF 9:00 - 9:45
- Julien – AQUA'GYM 8:30 - 9:00
- Julien – AQUA'TONIC 9:15 - 9:45
- Céline – HATHA YOGA 10:00 - 10:45
- Anthony – AQUA'POWER 10:00 - 10:30
- Céline – GYM POSTURALE 11:00 - 11:45
- Romain – ASSO RDMC 10:45 - 11:15
- AQUA'VITHAL 11:15 - 12:00
- Anthony – AQUA'BIKE 12:00 - 12:30
- Céline – PILÂTES 12:30 - 13:15
- Julien – LesMills RPM 12:30 - 13:15
- Romain – LesMills CORE 12:30 - 13:15
- Anthony – AQUA'BIKE 12:30 - 13:00
- AQUA'VITHAL 13:00 - 17:30
- Anthony – STRETCH 17:30 - 18:15
- Camille – HATHA YOGA 17:30 - 18:15
- Romain – AQUA'BIKE 17:30 - 18:00
- Camille – ASHTANGA YOGA 18:30 - 19:15
- Romain – LesMills RPM 18:30 - 19:15
- Anthony – LesMills BODYATTACK 18:30 - 19:15
- Julien – AQUA'BIKE 18:15 - 18:45
- Julien – AQUA'TONIC 19:00 - 19:30
- Romain – LesMills BODYBALANCE 19:30 - 20:15
- Anthony – LesMills BODYPUMP 19:30 - 20:15
- Julien – AQUA'FIT 19:45 - 20:15

Mardi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Anthony – PILÂTES 9:00 - 9:45
- Julien – YOGA 10:00 - 10:45
- Céline – SPORT SANTÉ 11:00 - 11:45
- Romain – LesMills Shapes 12:30 - 13:15
- Céline – YOGA 17:30 - 18:15
- Céline – YOGA STRETCH 18:30 - 19:15
- Céline – PILÂTES 19:30 - 20:15
- Julien – AQUA'GYM 8:30 - 9:00
- Céline – GYM DOUCE 9:00 - 9:45
- Julien – AQUA'TONIC 9:15 - 9:45
- Céline – STRETCH 10:00 - 10:45
- Romain – AQUA'BIKE 10:00 - 10:30
- Anthony – CAF 11:00 - 11:45
- Romain – ASSO RDMC 10:45 - 11:15
- AQUA'VITHAL 11:15 - 12:00
- Anthony – AQUA'BIKE 12:00 - 12:30
- Julien – LesMills BODYPUMP 12:30 - 13:15
- Anthony – AQUA'BIKE 12:30 - 13:00
- KINÉ 13:30 - 14:30
- AQUA'VITHAL 14:30 - 18:15
- Julien – BODY JAM 17:30 - 18:15
- Julien – CAF 18:30 - 19:15
- Julien – CIRCUIT TRAINING 19:30 - 20:15
- Romain – AQUA'TONIC 18:15 - 18:45
- Romain – AQUA'BIKE 19:00 - 19:30
- Romain – AQUA'BIKE 19:45 - 20:15

Mercredi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Céline – VITHAL BALL 9:00 - 9:45
- Romain – LesMills BODYBALANCE 9:00 - 9:45
- Céline – YOGA STRETCH 10:00 - 10:45
- Anthony – LesMills RPM 11:00 - 11:45
- Céline – GYM POSTURALE 11:00 - 11:45
- Julien – AQUA'GYM 8:30 - 9:00
- Julien – AQUA'TONIC 9:15 - 9:45
- Romain – AQUA'POWER 10:00 - 10:30
- KINÉ 10:45 - 11:45
- Julien – AQUA'BIKE 12:00 - 12:30
- Julien – AQUA'FIT 12:30 - 13:00
- AQUA'VITHAL 13:00 - 16:30
- Julien – NATATION 16:00 - 16:30
- Anthony – PILÂTES 12:30 - 13:15
- Romain – LesMills CORE 12:30 - 13:15
- Anthony – CAF 17:30 - 18:15
- Julien – AQUA'BIKE 17:30 - 18:00
- Julien – BODY JAM 18:30 - 19:15
- Céline – AQUA'BIKE 18:15 - 18:45
- Céline – AQUA'TONIC 19:00 - 19:30
- Anthony – STEP 19:30 - 20:15
- Céline – AQUA'FIT 19:45 - 20:15
- Romain – LesMills Shapes 18:30 - 19:15
- Céline – PILÂTES 19:30 - 20:15
- Romain – LesMills RPM 19:30 - 20:15

Jeudi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Romain – LesMills RPM 7:00 - 7:45
- Anthony – PILÂTES 9:00 - 9:45
- Céline – STRETCH 10:00 - 10:45
- Céline – SPORT SANTÉ 11:00 - 11:45
- Céline – GYM DOUCE 9:00 - 9:45
- Julien – AQUA'GYM 8:30 - 9:00
- Julien – AQUA'TONIC 9:15 - 9:45
- Antoine – HATHA YOGA 10:00 - 11:00
- Julien – AQUA'BIKE 10:00 - 10:30
- Anthony – CAF 11:00 - 11:45
- KINÉ 10:45 - 11:45
- Céline – AQUA'BIKE 12:00 - 12:30
- Céline – AQUA'BIKE 12:30 - 13:00
- Anthony – LesMills BODYPUMP 12:30 - 13:15
- AQUA'VITHAL 13:00 - 16:00
- Céline – ASSO MLMRT 16:00 - 16:30
- AQUA'VITHAL 16:30 - 18:15
- Julien – PILÂTES 17:30 - 18:15
- Julien – LesMills BODYPUMP 18:30 - 19:15
- Julien – CIRCUIT TRAINING 19:30 - 20:15
- Anthony – AQUA'TONIC 18:15 - 18:45
- Anthony – AQUA'BIKE 19:00 - 19:30
- Anthony – AQUA'BIKE 19:45 - 20:15
- Romain – LesMills BODYBALANCE 12:30 - 13:15
- Céline – YIN YOGA 17:30 - 18:15
- Céline – HATHA YOGA 18:30 - 19:15
- Céline – PILÂTES 19:30 - 20:15

Vendredi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Anthony – PILÂTES 10:00 - 10:45
- Céline – VITHAL BALL 12:30 - 13:15
- Julien – LesMills RPM 12:30 - 13:15
- Antoine – HATHA YOGA 18:30 - 19:30
- Anthony – LesMills RPM 18:30 - 19:15
- Céline – YOGA 9:00 - 9:45
- Julien – AQUA'GYM 8:30 - 9:00
- Julien – AQUA'TONIC 9:15 - 9:45
- Céline – GYM POSTURALE 10:00 - 10:45
- Julien – AQUA'POWER 10:00 - 10:30
- Anthony – STRETCH 11:00 - 11:45
- AQUA'VITHAL 10:30 - 12:00
- Romain – AQUA'BIKE 12:00 - 12:30
- Anthony – PILÂTES 12:30 - 13:15
- Romain – AQUA'FIT 12:30 - 13:00
- AQUA'VITHAL 13:15 - 15:00
- Céline – ASSO MLMRT 15:00 - 15:30
- Céline – ASSO RDMC 15:45 - 16:15
- Céline – ASSO MLMRT 16:30 - 17:00
- Romain – LesMills CORE 17:30 - 18:15
- Céline – AQUA'BIKE 17:30 - 18:00
- Romain – AQUA'BIKE 18:15 - 18:45

Samedi

Studios | Piscine

- PLANNING VARIABLE consultable sur l'application Deci+
- AQUA'VITHAL 11:15 - 17:45