

PLANNING COURS 2026

À PARTIR DU 1^{ER} AOUT

Lundi

9h15 - 10h15
Body Sculpt 

10h15 - 10h45
Stretching 

Mardi

9h15 - 10h15
LES MILLS BODYBALANCE 

10h15 - 11h15
Pilates 

Mercredi

9h15 - 10h15
Body Sculpt 

Jeudi

9h15 - 10h15
Pilates 

10h15 - 11h15
LES MILLS BODYBALANCE 

Vendredi

09h15 - 10h15
Pilates 

10h15 - 11h15
Yoga 

Samedi

10h15 - 10h45
Cycling Xpress 

10h15 - 10h45
CIRCUIT TRAINING 

10h45 - 11h45
Cycling 

11h00 - 11h30
CORE WORKOUT 

12h00 - 13h00
T A F C 

13h00 - 13h30
Stretching 

Dimanche

10h15 - 11h15
LES MILLS BODYATTACK CORE 

10h15 - 10h45
HBX BOXING 

11h00 - 11h30
H.I.I.T. 

11h30 - 12h30
Dance 

12h15 - 13h00
Cycling 

17h30 - 18h30
T A F C 

18h00 - 18h30
teamtraining* TRX 

18h45 - 19h45
Cycling 

18h45 - 19h15
H.I.I.T. 

20h00 - 21h00
LES MILLS BODYBALANCE 

18h00 - 18h40
Core Training 

18h50 - 19h50
LES MILLS BODYPUMP 

20h00 - 21h00
Dance 

17h30 - 18h30
Pilates 

18h00 - 18h45
teamtraining* HBX FUSION 

18h45 - 19h45
LES MILLS BODYATTACK 

18h45 - 19h30
teamtraining* CIRCUIT TRAINING 

17h45 - 18h45
Body Sculpt 

18h00 - 18h30
teamtraining* HBX BOXING 

18h45 - 19h30
teamtraining* HBX FUSION 

19h00 - 20h00
Cycling 

18h00 - 18h30
teamtraining* HBX BOXING 

18h00 - 19h00
LES MILLS BODYPUMP 

› Tous les cours ainsi que les team trainings doivent être réservés via l'application



DA VINCI

PRIVATE FITNESS & WELLNESS
LE CODE DE LA FORME

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