

HEURE	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
7:00							
7:15							
7:30		7:15 - 8:00	7:15 - 8:00				
7:45	7:30 - 8:15	GROUPE VIP	GROUPE COACHING	7:30 - 8:15	7:30 - 8:15		
8:00	HBX MOVE			HBX FUSION	GROUPE COACHING		
8:15							
8:30							
8:45							
9:00							
9:15	9:00 - 10:00	9:00 - 9:45	9:00 - 10:00		9:00 - 9:45		
9:30	TRX	HBX FUSION	FT-CHALLENGE		HBX MOVE		
9:45							
10:00		9:45 - 10:30			9:45 - 10:45		
10:15	10:00 - 11:00	HBX MOVE		10:00 - 11:00	FT-FITNESS	10:00 - 11:00	FT-FITNESS TEAMS
10:30	HIIT			TRX			
10:45							
11:00							
11:15							
11:30							FT-CHALLENGE TEAMS
11:45							
12:00							
12:15							
12:30							12:00 - 13:00
12:35	12:30 - 13:15	12:30 - 13:30	12:30 - 13:30	12:30 - 13:15	12:30 - 13:30		TRX
12:45	HBX BOXING	FT-CHALLENGE	12:45 - 13:30	FT-FITNESS	12:45 - 13:30	12:45 - 13:30	
13:00			TRX	RPM	HBX MOVE	HBX FUSION	
13:15		13:00 - 13:30					
13:30		sprint					
15:00							
15:15				15:00 - 16:00			
15:30				GROUPE COACHING			
15:45	15:30 - 16:30						
16:00	GROUPE COACHING						
16:15							
16:30							
16:45							
17:00							
17:15						17:15 - 17:45	
17:30	17:30 - 18:15	17:30 - 18:30	17:30 - 18:15	17:30 - 18:30	17:30 - 18:30	sprint	17:30 - 18:30
17:45	RPM	FT-CHALLENGE	HBX MOVE	WEIGHTLIFTING	FT-FITNESS		FT-CHALLENGE
18:00		17:45 - 18:45	17:45 - 18:30	17:45 - 18:30	17:45 - 18:30	18:00 - 19:00	
18:15		HIIT	HBX FUSION	TRX	TRX	MOBILITÉ	
18:30		18:15 - 19:15	18:15 - 19:15	18:30 - 19:15	18:30 - 19:30		
18:45	18:30 - 19:15	18:30 - 19:30	FT-CHALLENGE	MOBILITÉ	RPM		18:30 - 19:30
18:55	TRX	FT-FITNESS	18:45 - 19:30	18:45 - 19:15	WEIGHTLIFTING		FT-FITNESS
19:00		RPM		sprint		19:00 - 19:45	
19:15	19:15 - 20:00		19:15 - 20:00	19:15 - 20:00	19:15 - 20:00		
19:30	HBX FUSION		HBX BOXING	HBX BOXING	HBX BOXING		
19:45		19:30 - 20:30	19:30 - 20:30	19:30 - 20:30	19:45 - 20:30		
20:00		WEIGHTLIFTING	FT-FITNESS	FT-CHALLENGE	HIIT		
20:15							
20:30							
20:45							
22:00							