

**DU 29 JANVIER AU 04 FÉVRIER 2024**  
**FROM JANUARY 29TH TO FEBRUARY 04TH**

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15	Aka Soft Yoga (60 mins) 07:15						
07H30							
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H30					Aka Soft yoga (60min) 08:30	Aka Aqua training ( 30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09H00				Aka Aqua training ( 30 mins) 9:00			
09H15						Aka Pilates (45 mins) 09:15	
09H30					Aka Aqua training ( 30 mins) 9:30		
09H45							
10H00						Aka Stretching (45 mins) 10:00	
10H30							Aka Fit Yoga ( 60 mins) 10:30
11H00							
11H15							
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11H45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12H00		Aka Cuisses abdo/fessiers (30 mins) 19:00					
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15	Aka Posturologie Business (30 mins) 12:15	Aka Aqua training ( 30 mins) 12:15	Aka Circuit Training (30 mins) 12:15
12H30			Aka HIIT Aquatique ( 45 mins) 12:30				
12H45							
13H00							
13H15							
13H30	Aka Aqua Yoga ( 30 mins) 13:30		Aka Equilibre (30 mins) 13:30		Aka HIIT Aquatique ( 45 mins) 13:15		
13H45							
14H00							
15H00							
15H30						Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00	
16H00							
16H15							
16H45						Aka TRX (30 mins) 16:45	
17H00		Aka Aqua training ( 30 mins) 17:00					
17H30	Aka Aqua Training ( 30 mins) 17:30						
17H45							Aka Cardio brûle- graisse (30 mins) 17:45
18H00							
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					Aka Stretching (30 mins) 18:15
18H30				AKA Full Abdo (30 mins) 18:30			
18H45	Aka Posturologie Business (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19H00				AKA Cross Training (30 mins) 19:00			
19H15		Kalon Barre® (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
19H30							
19H45	Aka Yoga Yin (60 mins) 19:30						
20H00							
20H15							
20H30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

**DU 05 FÉVRIER AU 11 FÉVRIER 2024**  
**FROM FEBRUARY 05TH TO FEBRUARY 11TH**

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15	Aka Soft Yoga (60 mins) 07:15						
07H30							
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H30					Aka Soft yoga (60min) 08:30	Aka Aqua training (30 mins) 8:30	
09H00				Aka Aqua training (30 mins) 9:00			
09H15							
09H30					Aka Aqua training (30 mins) 9:30		
09H45							
10H00						Aka Stretching (45 mins) 10:00	
10H30							Aka Fit Yoga (60 mins) 10:30
11H00							
11H15							
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11H45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12H00		Aka Cuisses abdo/fessiers (30 mins) 19:00					
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15	Aka Posturologie Business (30 mins) 12:15	Aka Aqua training (30 mins) 12:15	Aka Circuit Training (30 mins) 12:15
12H30			Aka HIIT Aquatique (45 mins) 12:30				
12H45							
13H00							
13H15							
13H30	Aka Aqua Yoga (30 mins) 13:30		Aka Equilibre (30 mins) 13:30		Aka HIIT Aquatique (45 mins) 13:15		
13H45							
14H00							
15H00							
15H30						Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00	
16H00							
16H15							
16H45						Aka TRX (30 mins) 16:45	
17H00		Aka Aqua training (30 mins) 17:00					
17H30	Aka Aqua Training (30 mins) 17:30						
17H45							
18H00							Aka Cardio brûle- graisse (30 mins) 17:45
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					Aka Stretching (30 mins) 18:15
18H30				AKA Full Abdo (30 mins) 18:30			
18H45	Aka Posturologie Business (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19H00				AKA Cross Training (30 mins) 19:00			
19H15		Kalon Barre 卍 (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
19H30							
19H45	Aka Yoga Yin (60 mins) 19:30						
20H00							
20H15							
20H30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

**DU 12 FÉVRIER AU 18 FÉVRIER 2024**  
**FROM FEBRUARY 12TH TO FEBRUARY 18TH**

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15							
07H30							
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H30						Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09H00				Aka Aqua training (30 mins) 9:00			
09H15							
09H30					Aka Aqua training (30 mins) 9:30	Aka Pilates (45 mins) 09:15	
09H45							
10H00						Aka Stretching (45 mins) 10:00	
10H30							Aka Fit Yoga (60 mins) 10:30
11H00							
11H15							
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11H45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12H00		Aka Cuisses abdo/fessiers (30 mins) 12:00					
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15	Aka Posturologie Business (30 mins) 12:15	Aka Aqua training (30 mins) 12:15	Aka Circuit Training (30 mins) 12:15
12H30			Aka HIIT Aquatique (45 mins) 12:30				
12H45							
13H00							
13H15							
13H30	Aka Aqua Training (30 mins) 13:30				Aka HIIT Aquatique (45 mins) 13:15		
13H45							
14H00							
15H00							
15H30						Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00	
16H00							
16H15							
16H45							
17H00						Aka TRX (30 mins) 16:45	
17H30	Aka Aqua Training (30 mins) 17:30	Aka Aqua training (30 mins) 17:00					
17H45							
18H00							Aka Cardio brûle- graisse (30 mins) 17:45
18H15	Aka Circuit Training (30 mins) 18:15						Aka Stretching (30 mins) 18:15
18H30				Aka Full Abdo (30 mins) 18:30			
18H45	Aka Posturologie Business (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19H00				Aka Cross Training (30 mins) 19:00			
19H15							
19H30		Kalon Barre 卍 (60 mins) 19:15					
19H45							
20H00	Aka Yoga Yin (60 mins) 19:30						
20H15							
20H30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

**Du 19 Février au 25 Février 2024**  
*From February 19th to february 25th*

	<b>L u n d i</b>	<b>M a r d i</b>	<b>M e r c r e d i</b>	<b>J e u d i</b>	<b>V e n d r e d i</b>	<b>S a m e d i</b>	<b>D i m a n c h e</b>
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
07h 00							
07H 15	Aka Soft Yoga (60 mins) 07:15						
07H 30							
08 h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08 H 30							Aka Aqua training ( 30 mins) 8:30
09h 00				Aka Aqua training ( 30 mins) 9:00			
09H 15					Aka Pilates (45 mins) 09:15		
09 h 30				Aka Aqua training ( 30 mins) 9:30			
09 h 45							
10h 00							
10 h 30							Aka Fit Yoga ( 60 mins) 10:30
11h 00							
11 h 15							
11 h 30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11 h 45	Aka Cardio brûle- graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12h 00		Aka Cuisses abdo/fessiers (30 mins) 12:00					
12h 15	Aka TRX (30 mins) 12:15						Aka Circuit Training (30 mins) 12:15
12h 30			Aka HIIT Aquatique ( 45 mins) 12:30				
12h 45							
13h 00							
13h 15					Aka HIIT Aquatique ( 45 mins) 13:15		
13h 30	Aka Aqua Yoga ( 30 mins) 13:30		Aka Equilibre (30 mins) 13:30				
13h 45							
14h 00							
15h 00							
15h 30						Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00	
16 h 00							
16 h 15							
16 H 45						Aka TRX (30 mins) 16:45	
17h 00		Aka Aqua training ( 30 mins) 17:00					
17 H 30	Aka Aqua Training ( 30 mins) 17:30						
17 h 45							Aka Cardio brûle- graisse (30 mins) 17:45
18 h 00							
18 h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					Aka Stretching (30 mins) 18:15
18 h 30				AKA Full Abdo (30 mins) 18:30			
18 h 45			Aka Swiss Ball (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19 h 00				AKA Cross Training (30 mins) 19:00			
19 h 15		Kalon Barre 體 (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
19 h 30							
19 h 45	Aka Yoga Yin (60 mins) 19:30						
20 h 00							
20 h 15							
20 h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

**DU 26 FÉVRIER AU 03 MARS 2024**  
**FROM FEBRUARY 26TH TO MARCH 03RD**

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07H00							
07H15	Aka Soft Yoga (60 mins) 07:15						
07H30							
08H00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle-graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H30					Aka Soft yoga (60min) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09H00				Aka Aqua training (30 mins) 9:00			
09H15						Aka Pilates (45 mins) 09:15	
09H30					Aka Aqua training (30 mins) 9:30		
09H45							
10H00						Aka Stretching (45 mins) 10:00	
10H30							Aka Fit Yoga (60 mins) 10:30
11H00							
11H15							
11H30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle-graisse (30 mins) 11:30	
11H45	Aka Cardio brûle-graisse (30 mins) 11:45			Aka Training bas du corps (30 mins) 11:45			
12H00		Aka Cuisses abdo/fessiers (30 mins) 12:00					
12H15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15	Aka Posturologie Business (30 mins) 12:15	Aka Aqua training (30 mins) 12:15	Aka Circuit Training (30 mins) 12:15
12H30			Aka HIIT Aquatique (45 mins) 12:30				
12H45							
13H00							
13H15							
13H30	Aka Aqua Yoga (30 mins) 13:30		Aka Equilibre (30 mins) 13:30		Aka HIIT Aquatique (45 mins) 13:15		
13H45							
14H00							
15H00							
15H30						Aka Cuisses abdo/fessiers Aka Stretching (30 mins) 16:00	
16H00							
16H15							
16H45							Aka TRX (30 mins) 16:45
17H00		Aka Aqua training (30 mins) 17:00					
17H30	Aka Aqua Training (30 mins) 17:30						
17H45							Aka Cardio brûle-graisse (30 mins) 17:45
18H00							
18H15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15					Aka Stretching (30 mins) 18:15
18H30				Aka Full Abdo (30 mins) 18:30			
18H45	Aka Posturologie Business (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19H00				Aka Cross Training (30 mins) 19:00			
19H15							
19H30	Aka Yoga Yin (60 mins) 19:30	Kalon Barre 卍 (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
19H45							
20H00							
20H15							
20H30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		