

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
07h 00							
07H 15	Aka Soft Yoga (60 mins) 07:15						
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H 30					Aka Soft yoga (60min) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09h 00				Aka Aqua training (30 mins) 9:00			
09H 15					Aka Pilates (45 mins) 09:15		
09h 30					Aka Aqua training (30 mins) 9:30		
09h 45							
10h 00							
10h 30					Aka Stretching (45 mins) 10:00		
11h 00						Aka Fit Yoga (60 mins) 10:30	
11h 15							
11h 30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11h 45	Aka Cardio brûle- graisse (30 mins) 11:45	Aka Cuisses abdo/fessiers (30 mins) 12:00		Aka Training bas du corps (30 mins) 11:45			
12h 00					Aka Posturologie Business (30 mins) 12:00		
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30						Aka Circuit Training (30 mins) 12:15	
12h 45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h 00							
13h 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	
16h 00							
16h 15							
16H 45						Aka TRX (30 mins) 16:45	
17h 00		Aka Aqua training (30 mins) 17:00					
17H 30	Aka Aqua Training (30 mins) 17:30						
17h 45							
18h 00						Aka Cardio brûle- graisse (30 mins) 17:45	
18 h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15				Aka Stretching (30 mins) 18:15	
18h 30				AKA Full Abdo (30 mins) 18:30			
18 h 45	Aka Posturologie Business (30 mins) 18:45		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							
19 h 30		Kalon Barre 拳 (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
19 h 45							
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

du 04 mars au 10 mars 2024							
From march 04th to march 10th 2024							
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07h 00							
07H 15	Aka Soft Yoga (60 mins) 07:15						
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H 30					Aka Soft yoga (60min) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09h 00			Aka Aqua training (30 mins) 9:00				
09H 15					Aka Pilates (45 mins) 09:15		
09h 30				Aka Aqua training (30 mins) 9:30			
09h 45							
10h 00							
10h 30						Aka Stretching (45 mins) 10:00	
11h 00						Aka Fit Yoga (60 mins) 10:30	
11h 15							
11h 30			Aka Training haut du corps (30 mins) 11:30				Aka Cardio brûle- graisse (30 mins) 11:30
11h 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			Aka Posturologie Business (30 mins) 12:00		
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30						Aka Circuit Training (30 mins) 12:15	
12h 45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h 00							
13h 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	
16h 00							
16h 15							
16H 45						Aka TRX (30 mins) 16:45	
17h 00		Aka Aqua training (30 mins) 17:00					
17H 30	Aka Aqua Training (30 mins) 17:30						
17h 45							
18h 00						Aka Cardio brûle- graisse (30 mins) 17:45	
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15				Aka Stretching (30 mins) 18:15	
18h 30				AKA Full Abdo (30 mins) 18:30			
18h 45	Aka Posturologie Business (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19h 00				AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30			Aka Pilates (45 mins) 19:15				
19h 45	Aka Yoga Yin (60 mins) 19:30	Kalon Barre 卍 (60 mins) 19:15					
20h 00							
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

du 11 mars au 17 mars 2024							
From march 11th to march 17th 2024							
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07h 00							
07H 15	Aka Soft Yoga (60 mins) 07:15						
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H 30					Aka Soft yoga (60min) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09h 00				Aka Aqua training (30 mins) 9:00			
09H 15					Aka Pilates (45 mins) 09:15		
09h 30					Aka Aqua training (30 mins) 9:30		
09h 45							
10h 00							
10h 30					Aka Stretching (45 mins) 10:00		
11h 00						Aka Fit Yoga (60 mins) 10:30	
11h 15							
11h 30			Aka Training haut du corps (30 mins) 11:30			Aka Cardio brûle- graisse (30 mins) 11:30	
11h 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			Aka Posturologie Business (30 mins) 12:00		
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30						Aka Circuit Training (30 mins) 12:15	
12h 45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h 00							
13h 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	
16h 00							
16h 15							
16H 45						Aka TRX (30 mins) 16:45	
17h 00		Aka Aqua training (30 mins) 17:00					
17H 30	Aka Aqua Training (30 mins) 17:30						
17h 45							
18h 00						Aka Cardio brûle- graisse (30 mins) 17:45	
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15				Aka Stretching (30 mins) 18:15	
18h 30				AKA Full Abdo (30 mins) 18:30			
18h 45	Aka Posturologie Business (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19h 00				AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30			Aka Pilates (45 mins) 19:15				
19h 45		Kalon Barre 卍 (60 mins) 19:15					
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

du 18 mars au 24 mars 2024							
From march 18th to march 24th 2024							
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07h 00							
07H 15	Aka Soft Yoga (60 mins) 07:15						
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H 30					Aka Soft yoga (60min) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09h 00			Aka Aqua training (30 mins) 9:00				
09H 15					Aka Pilates (45 mins) 09:15		
09h 30				Aka Aqua training (30 mins) 9:30			
09h 45							
10h 00							
10h 30					Aka Stretching (45 mins) 10:00		
11h 00						Aka Fit Yoga (60 mins) 10:30	
11h 15							
11h 30			Aka Training haut du corps (30 mins) 11:30				Aka Cardio brûle- graisse (30 mins) 11:30
11h 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			Aka Posturologie Business (30 mins) 12:00		
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30						Aka Circuit Training (30 mins) 12:15	
12h 45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h 00							
13h 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	
16h 00							
16h 15							
16H 45						Aka TRX (30 mins) 16:45	
17h 00		Aka Aqua training (30 mins) 17:00					
17H 30	Aka Aqua Training (30 mins) 17:30						
17h 45							
18h 00						Aka Cardio brûle- graisse (30 mins) 17:45	
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15				Aka Stretching (30 mins) 18:15	
18h 30				AKA Full Abdo (30 mins) 18:30			
18h 45	Aka Posturologie Business (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19h 00				AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30			Aka Pilates (45 mins) 19:15				
19h 45		Kalon Barre 卍 (60 mins) 19:15					
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

du 25 mars au 31 mars 2024							
From march 25th to march 31th 2024							
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07h 00							
07H 15	Aka Soft Yoga (60 mins) 07:15						
07H 30							
08h 00		Aka Circuit Training (30 mins) 08:00	Aka Cardio brûle- graisse (30 mins) 08:00	Aka Fit yoga (60 mins) 08:00			
08H 30					Aka Soft yoga (60min) 08:30	Aka Aqua training (30 mins) 8:30	Aka Yoga Yin (60 mins) 08:30
09h 00			Aka Aqua training (30 mins) 9:00				
09H 15					Aka Pilates (45 mins) 09:15		
09h 30				Aka Aqua training (30 mins) 9:30			
09h 45							
10h 00							
10h 30						Aka Stretching (45 mins) 10:00	
11h 00						Aka Fit Yoga (60 mins) 10:30	
11h 15							
11h 30			Aka Training haut du corps (30 mins) 11:30				Aka Cardio brûle- graisse (30 mins) 11:30
11h 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			Aka Posturologie Business (30 mins) 12:00		
12h 15	Aka TRX (30 mins) 12:15			Aka Stretching (30 mins) 12:15		Aka Aqua training (30 mins) 12:15	
12h 30						Aka Circuit Training (30 mins) 12:15	
12h 45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h 00							
13h 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	
16h 00							
16h 15							
16H 45						Aka TRX (30 mins) 16:45	
17h 00		Aka Aqua training (30 mins) 17:00					
17H 30	Aka Aqua Training (30 mins) 17:30						
17h 45							
18h 00						Aka Cardio brûle- graisse (30 mins) 17:45	
18h 15	Aka Circuit Training (30 mins) 18:15	Aka Pilates (45 mins) 18:15				Aka Stretching (30 mins) 18:15	
18h 30				AKA Full Abdo (30 mins) 18:30			
18h 45	Aka Posturologie Business (30 mins) 18:45		Aka Swiss Ball (30 mins) 18:45		Aka Poids du corps (30 mins) 18:45		
19h 00				AKA Cross Training (30 mins) 19:00			
19h 15							
19h 30			Aka Pilates (45 mins) 19:15				
19h 45		Kalon Barre 卍 (60 mins) 19:15					
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		