

Du 1er avril au 7 avril From april 1st to april 07th							
	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	
09h 00				Aka Aqua training (30 mins) 9:00			
09H 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	Aka Circuit Training (30 mins) 12:15
12h 30							
12h 45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h 00							
13h 15	Aka Aqua Yoga (40 mins) 13:30						
13h 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							Aka Cardio brûle- graisse (30 mins) 17:45
18h 00							
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 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		Kalon Barre 卍 (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
19h 45							
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

du 08 avril au 14 avril 2024							
From april 08th to april 14th 2024							
	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07h 00							
07H 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			
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							
10 h 00						Aka Stretching (45 mins) 10:00	
10 h 30							
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	Aka Circuit Training (30 mins) 12:15
12h 30							
12h 45			Aka HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30		
13h 00							
13h 15							
13h 30	Aka Aqua training (40 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							
17h 00		Aka Aqua training (30 mins) 17:00				Aka TRX (30 mins) 16:45	
17H 30	Aka Aqua Training (30 mins) 17:30						
17h 45							Aka Cardio brûle- graisse (30 mins) 17:45
18 h 00							
18 h 15	Aka Circuit Training (30 mins) 18:15	Aka Poids du corps (30 mins) 18:15					Aka Stretching (30 mins) 18:15
18 h 30				AKA Full Abdo (30 mins) 18:30			
18 h 45	Aka Posturologie Business (30 mins) 18:45		Aka Cuisses abdo/fessiers (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			Aka Stretching (30 mins) 19:15				
19 h 30		Kalon Barre 拳 (60 mins) 19:15					
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 15 avril au 21 avril 2024							
From april 15th to april 21st 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							
09h 30					Aka Aqua training (30 mins) 9:30	Aka Pilates (45 mins) 09:15	
09h 45							
10h 00						Aka Stretching (45 mins) 10:00	
10h 30							
11h 00							
11h 15						Aka Fit Yoga (60 mins) 10:30	
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	Aka Aqua Yoga (40 mins) 13:15						
13h 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						Aka Cardio brûle- graisse (30 mins) 17:45	
18h 00							
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		Kalon Barre 拳 (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
19h 45							
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		

du 22 avril au 28 avril 2024							
From april 22th to april 28th 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	Aka Aqua Yoga (40 mins) 13:15						
13h 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						Aka Cardio brûle- graisse (30 mins) 17:45	
18h 00							
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		Kalon Barre 拳 (60 mins) 19:15	Aka Pilates (45 mins) 19:15				
19h 45							
20h 00	Aka Yoga Yin (60 mins) 19:30						
20h 15							

du 29 avril au 5 mai 2024							
From april 29th to may 5th 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					Aka Stretching (45 mins) 10:00		
10h 30							
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 HIIT Aquatique (45 mins) 12:30		Aka HIIT Aquatique (45 mins) 12:30	Aka Circuit Training (30 mins) 12:15	
12h 45							
13h 00							
13h 15	Aka Aqua Yoga (30 mins) 13:15						
13h 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						Aka Cardio brûle-graisse (30 mins) 17:45	
18h 00							
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® (60 mins) 19:15					
20h 00							
20h 15							
20h 30							
		Élément "AIR"	Élément "TERRE"	Élément "EAU"	Élément "FEU"		