



LA FONDATION

PLANNING
COURS COLLECTIFS

06:30 - 22:30 du lundi au vendredi
08:00 - 20:00 samedi, dimanche & jours fériés
www.lafondationhotel.com/club-de-sport-spa

18H00 (45') BODY & STRENGTH	18H00 (45') PILATES	18H00 (60') FLEXIBILITY	17H30 (45') LOW BODY & ABS	18H00 (45') BOOTCAMP	15H00 (45') AQUATRaining	15H00 (45') AQUAFITNESS
19H00 (45') PILATES	18H00 (75') YOGA FONDATIONS	18H30 (45') BOOTCAMP	18H30 (45') BODY & STRENGTH	18H15 (90') YOGA VINyASA	17H00 (60') PILATES	14H30 (60') YOGA PARENTS & ENFANTS 6 A 9 ANS*
19H00 (45') AQUAPUNCH	19H00 (45') AQUAFITNESS	19H00 (45') AQUATRaining	18H30 (45') PREPA HYROX	19H00 (45') AQUAPUNCH	18H15 (60') GYM CALLISTHENIE	15H30 (60') ESCALADE POUR LES ENFANTS 12 A 18 ANS*
19H15 (90') SLOW POWER FLOW	19H00 (60') BARRE AU SOL	19H00 (60') INITIATION ESCALADE	19H00 (45') AQUAPUNCH	19H00 (60') PILATES		15H45 (60') YOGA PARENTS & ENFANTS 3 A 5 ANS*
20H00 (60') SOPHROLOGIE	19H00 (60') PILATES AVANCE	19H15 (75') HATHA FLOW	19H00 (60') SOPHROLOGIE			16H30 (60') INITIATION ESCALADE
20H00 (60') BOXE ANGLAISE	19H00 (60') CONDITIONING	19H30 (60') PILATES	19H30 (60') INITIATION ESCALADE			17H00 (60') YIN AERIEN
	19H30 (90') YIN MEDITATIF	19H30 (90') BOXE ANGLAISE	19H30 (45') POWER PILATES			17H00 (60') PREPA HYROX
	20H15 (45') TRX & CORE		19H30 (90') BOXE PIEDS POINGS			18H15 (45') STRETCH
			20H30 (60') MODERN CONTEMPORAIN			

REINFORCEMENT