

- ADVANCE RESERVATION REQUIRED - (MINIMUM 24HRS) FOR ALL COLLECTIVE COURSES
- FREE ACCESS FOR MEMBERS
- MAXIMUM 6 PERSONS PER SESSION



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10h - 11h							SWISS BALL TONIC
10h30 - 11h30		GYM DOUCE	SWISS BALL TONIC				
11h - 12h					STRETCH-PILATES		STRETCH-PILATES
11h15 - 12h						BOOTY PUMP & LEGS	
12h15 - 13h15			PILATES				
12h30 - 13h15	GYM DOS/ABDOS	BOOTY PUMP & ABS BURNER					
12h30 - 13h30				DANCE LATINO			
18h - 19h		SOPHROLOGIE					
18h30 - 19h30				SWISS BALL TONIC			
19h - 19h45	MOBILITÉ FULL BODY		BODY SCULPT				
18h - 19h		YOGA		YOGA			

For further information or private courses, please contact the Fitness Manager, Cedric Grand, at +41 (0) 22 908 94 40