



FITNESS

COURS COLLECTIFS

PLANNING

ALL IN COUNTRY CLUB - 2025

AMPLITUDE D'OUVERTURE DES SALLES EN SEMAINE : 6H-22H30

LUNDI			
	MAIN ROOM	ROOM 1	ROOM 2
8h30-9h30	(Re)conditioning		
9h30-10h30	(Re)conditioning	Yoga Mobilité	
11h30-12h30			
12h30-13h30	Intensity	Pilates	Boxe Athlétique
18h30-19h30	Intensity	Yoga Renforcement	
19h30-20h30	Fly Yoga	Cardio Dance	

MARDI			
	MAIN ROOM	ROOM 1	ROOM 2
8h30-9h30	(Re)conditioning		
9h30-10h30	(Re)conditioning	Yoga Mobilité	
11h30-12h30	Intensity		
12h30-13h30	Prépa Padel	Cardio Dance	Yoga Renforcement
18h30-19h30	(Re)conditioning	Yoga Renforcement	Boxe Athlétique
19h30-20h30	Fly Yoga	Pilates	

MERCREDI			
	MAIN ROOM	ROOM 1	ROOM 2
8h30-9h30	(Re)conditioning		
9h30-10h30	(Re)conditioning	Yoga Mobilité	
11h30-12h30	Prépa Padel		
12h30-13h30	Aerobic Training	Yoga Renforcement	
18h30-19h30	Intensity	Pilates	
19h30-20h30		Stretching & relaxation	



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JEUDI			
	MAIN ROOM	ROOM 1	ROOM 2
8h30-9h30	(Re)conditioning		
9h30-10h30	Prépa Padel	Yoga Mobilité	
12h-13h	Intensity	Yoga Renforcement	
13h-14h	Fly Yoga		
18h30-19h30	Intensity	Yoga Renforcement	

VENDREDI			
	MAIN ROOM	ROOM 1	ROOM 2
8h30-9h30	(Re)conditioning		
9h30-10h30	(Re)conditioning		
11h30-12h30	Aerobic Training		
12h30-13h30	Prépa Padel		
13h-14h		Pilates	
18h30-19h30	Intensity		

AMPLITUDE D'OUVERTURE DES SALLES LE WEEK-END : 8H-20H30

SAMEDI			
	MAIN ROOM	ROOM 1	ROOM 2
9h30-10h30	(Re)conditioning		
10h30-11h30	Intensity	Yoga Mobilité	
11h30-12h30	Prépa Padel		
17h-18h	Fly Yoga		
18h-19h		Stretching & relaxation	

DIMANCHE			
	MAIN ROOM	ROOM 1	ROOM 2
10h-11h	Aerobic Training		
11h-12h	Intensity	Pilates	
18h-19h		Yoga Détente	