

P LANNING

AVRIL - JUIN 2018

HORAIRE/TIMETABLE

semaine/week 07:00 - 23:00
week-end 09:00 - 20:00



BEAUBOURG **OPÉRA** SAINT-LAZARE

*8 rue de la michodière
75002 Paris*

01.42.66.30.30

www.usinesportsclub.com







LUNDI

Playground






Yoga Detox	08:00 - 09:00	
Pump	12:15 - 13:15	
bodyART	13:15 - 14:15	
Tablettes	18:30 - 19:00	
Power Pilates	19:15 - 20:15	
U' Can Dance	20:15 - 21:00	

cycling






Challenger	12:15 - 12:45	
Playlist 80's	12:45 - 13:30	
Zone Rouge	19:00 - 19:45	
Hymalayan	20:00 - 20:45	

MARDI

Playground






Fessiers 3D	08:45 - 09:15	
Cxworx	12:15 - 12:45	
U'Burn	12:45 - 13:30	
Tablettes	13:30 - 14:00	
Mat Pilates	18:30 - 19:30	
Pump	19:30 - 20:30	
Tablettes	20:30 - 21:00	






cycling

TBC Evolution	08:00 - 08:45	 
Challenger	12:45 - 13:15	
Hymalayan	18:45 - 19:30	
Zone Rouge	19:45 - 20:30	




MERCREDI

Playground

Yoga Vinyasa	08:30 - 09:30	
Post'Ure	12:15 - 12:45	
Commando	12:45 - 13:30	 
U'Stretch	13:30 - 14:00	



Tablettes	18:30 - 19:00	
Fessiers 3D	19:00 - 19:30	
U'360	19:30 - 20:30	 
Yoga Iyengar	20:30 - 21:45	

cycling



Zone Rouge	12:45 - 13:30	
Playlist 2000's	19:00 - 19:45	
Himalayan	20:00 - 20:45	

JEUDI

Playground









Yoga Fusion	08:30 - 09:30	
Pump	12:15 - 13:00	
Tablettes	13:00 - 13:30	
Mat Pilates	13:30 - 14:30	
Pump	18:30 - 19:30	
Tablettes	19:30 - 20:00	
Train Like a Model	20:00 - 21:00	 

cycling



Himalayan	12:30 - 13:15	
Zone Rouge	19:30 - 20:15	

VENDREDI

Playground

Push & Slide	08:45 - 09:15	
Cxworx	12:15 - 12:45	
Pump	12:45 - 13:45	
Roll & Recup' Xpress	13:45 - 14:00	
Yoga Detox	18:30 - 19:30	
Commando	19:30 - 20:15	 
Tablettes	20:15 - 20:45	

cycling



Team Spirit	08:00 - 08:45	
Himalayan	18:45 - 19:30	

SAMEDI

Playground






U'Stretch	09:45 - 10:30	
Tablettes	10:30 - 11:00	
Beach be Ready	11:00 - 11:30	
Pump	11:30 - 12:30	
Silhouette	12:30 - 13:30	
U'Boxing	14:00 - 15:00	
Yoga Ashtanga	15:00 - 16:30	
Yin Yoga	17:00 - 18:00	

cycling



Zone Rouge	11:00 - 11:45	
Hymalayan	12:00 - 12:45	

DIMANCHE

Playground

U'Stretch	10:00 - 10:30	
Tablettes	10:30 - 11:00	
Pump	11:00 - 11:30	
Mon 1er Yoga	11:30 - 12:00	
Vinyasa Flow	12:00 - 12:30	

cycling

Hymalayan	11:00 - 11:45	
Zone Rouge	12:00 - 12:45	



Timing Cycling



Effort cardio vasculaire



Renforcement musculaire



Assouplissement & tonicité



Yoga