

Programme découverte Neuchâtel

Vendredi, 01.11.2024

10:00 – 10:50	Zumba Gold
12:15 – 13:05	Pilates Fascias
14:30 – 12:05	Aquafitness -Hauterive
18:00 – 18:45	Aquabike -Dombresson
19:00 – 19:45	Aquabike -Dombresson

Lundi, 04.11.2024

10:15 – 11:05	Cardio Toning
11:00 – 11:50	Cardio Toning
11:00 – 11:50	Guitare
11:15 – 12:05	Qi Gong
12:15 – 13:05	Body Sculpt
13:45 – 14:35	Pilates
17:00 – 17:50	Pilates
18:00 – 18:50	Pilates
18:00 – 18:50	Tai chi Chuan avancé
18:30 – 19:20	Céramique
19:00 – 19:50	Salsa
18:00 – 18:50	Zumba
19:00 – 19:50	Cardio Kickboxing

Mardi, 05.11.2024

08:15 – 09:05	Gym Fit
08:45 – 09:35	Gym douce
09:00 – 09:50	Pilates
09:45 – 10:35	Gym Fit
12:10 – 13:00	Stretching- Relaxation
12:15 – 12:50	Body Sculpt
16:00 – 16:50	Gym du dos
19:00 – 19:50	Zumba
19:00 – 19:50	Pilates
18:45 – 19:30	Aquafitness Hauterive
18:30 – 19:20	Couture
19:30 – 20:15	Aquafitness Hauterive
20:15 – 21:00	Aquafitness Hauterive
20:00 – 20:45	Aquafitness GSC

Mercredi, 06.11.2024

09:00 – 09:50	Gym douce
09:15 – 10:05	Cardio Toning
10:35 – 11:20	Aquafitness GSC
12:05 – 12:55	Pilates
17:00 – 17:50	Tai Chi Chuan
18:00 – 18:50	Atelier de théâtre
19:00 – 19:50	Fitness Trampoline
19:00 – 19:50	Pilates Fascias

Jeudi, 07.11.2024

08:45 – 09:35	Gym Seniors
09:45 – 10:35	Gym Seniors
11:00 – 11:50	Dance classique
12:15 – 13:05	Body Sculpt
19:0 – 19:50	Pilates
19:0 – 19:50	Pilates Fascias

Vendredi, 08.11.2024

10:00 – 10:50	Zumba Gold
12:15 – 13:05	Pilates Fascias
14:30 – 12:05	Aquafitness -Hauterive
18:00 – 18:45	Aquabike -Dombresson
19:00 – 19:45	Aquabike -Dombresson

Samedi, 09.11.2024

13:00 – 13:50	Produits Cosmétiques
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Lundi, 11.11.2024

10:15 – 11:05	Cardio Toning
11:00 – 11:50	Cardio Toning
11:00 – 11:50	Guitare
11:15 – 12:05	Qi Gong
12:15 – 13:05	Body Sculpt
13:45 – 14:35	Pilates
17:00 – 17:50	Pilates
18:00 – 18:50	Pilates
18:00 – 18:50	Tai chi Chuan avancé
19:00 – 19:50	Salsa
18:00 – 18:50	Zumba
19:00 – 19:50	Cardio Kickboxing

Mardi, 12.11.2024

08:15 – 09:05	Gym Fit
08:45 – 09:35	Gym douce
09:00 – 09:50	Pilates
09:45 – 10:35	Gym Fit
12:10 – 13:00	Stretching- Relaxation
12:15 – 12:50	Body Sculpt
16:00 – 16:50	Gym du dos
18:30 – 19:20	Céramique
19:00 – 19:50	Zumba
19:00 – 19:50	Pilates
18:45 – 19:30	Aquafitness Hauterive
19:30 – 20:15	Aquafitness Hauterive
20:15 – 21:00	Aquafitness Hauterive
20:00 – 20:45	Aquafitness GSC

Mercredi, 13.11.2024

09:00 – 09:50	Gym douce
09:15 – 10:05	Cardio Toning

09:45 – 10:35	Pilates
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10:35 – 11:20	Aquafitness GSC
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12:05 – 12:55	Pilates
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17:00 – 17:50	Tai Chi Chuan
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18:00 – 18:50	Atelier de théâtre
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19:00 – 19:50	Fitness Trampoline
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19:00 – 19:50	Pilates Fascias
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Jeudi, 14.11.2024

08:45 – 09:35	Gym Seniors
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09:45 – 10:35	Gym Seniors
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11:00 – 11:50	Dance classique
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12:15 – 13:05	Body Sculpt
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19:00 – 19:50	Pilates
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19:00 – 19:50	Pilates Fascias
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19:00 – 19:50	Cookies
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Vendredi, 15.11.2024

10:00 – 10:50	Zumba Gold
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12:15 – 13:05	Pilates Fascias
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14:30 – 12:05	Aquafitness -Hauterive
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18:00 – 18:45	Aquabike -Dombresson
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18:00 – 18:50	Modelage licorne massepain
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19:00 – 19:45	Aquabike -Dombresson
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19:00 – 19:50	Rochers au chocolat
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Samedi, 16.11.2024

09:00 – 09:50	Pilates yoga
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10:00 – 10:50	Dance yoga
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10:00 – 10:50	Broderie: sashiko
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Lundi, 18.11.2024

10:15 – 11:05	Cardio Toning
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11:00 – 11:50	Cardio Toning
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11:15 – 12:05	Qi Gong
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12:15 – 13:05	Body Sculpt
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13:45 – 14:35	Pilates
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17:00 – 17:50	Pilates
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18:00 – 18:50	Pilates
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18:00 – 18:50	Tai chi Chuan avancé
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18:30 – 19:20	Céramique
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19:00 – 19:50	Salsa
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18:00 – 18:50	Zumba
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19:00 – 19:50	Cardio Kickboxing
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Mardi, 19.11.2024

08:15 – 09:05	Gym Fit
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08:45 – 09:35	Gym douce
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09:00 – 09:50	Pilates
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09:45 – 10:35	Gym Fit
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12:10 – 13:00	Stretching- Relaxation
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12:15 – 12:50	Body Sculpt
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O = Le cours se déroule en ligne

Programme découverte Neuchâtel

16:00 – 16:50	Gym du dos	19:00 – 19:50	Salsa
18:30 – 19:20	Couture	18:00 – 18:50	Zumba
19:00 – 19:50	Zumba	19:00 – 19:50	Cardio Kickboxing
19:00 – 19:50	Pilates	Mardi, 26.11.2024	
18:45 – 19:30	Aquafitness Hauterive	08:15 – 09:05	Gym Fit
19:30 – 20:15	Aquafitness Hauterive	08:45 – 09:35	Gym douce
20:15 – 21:00	Aquafitness Hauterive	09:00 – 09:50	Pilates
20:00 – 20:45	Aquafitness GSC	09:45 – 10:35	Gym Fit
Mercredi, 20.11.2024		12:10 – 13:00	Stretching- Relaxation
09:00 – 09:50	Gym douce	12:15 – 12:50	Body Sculpt
09:15 – 10:05	Cardio Toning	16:00 – 16:50	Gym du dos
09:45 – 10:35	Pilates	19:00 – 19:50	Zumba
10:35 – 11:20	Aquafitness GSC	19:00 – 19:50	Pilates
12:05 – 12:55	Pilates	18:45 – 19:30	Aquafitness Hauterive
17:00 – 17:50	Tai Chi Chuan	19:30 – 20:15	Aquafitness Hauterive
18:00 – 18:50	Atelier de théâtre	20:15 – 21:00	Aquafitness Hauterive
19:00 – 19:50	Fitness Trampoline	20:00 – 20:45	Aquafitness GSC
19:00 – 19:50	Pilates Fascias	Mercredi, 27.11.2024	
Jeudi, 21.11.2024		09:00 – 09:50	Gym douce
08:45 – 09:35	Gym Seniors	09:15 – 10:05	Cardio Toning
09:45 – 10:35	Gym Seniors	09:45 – 10:35	Pilates
11:00 – 11:50	Dance classique	10:35 – 11:20	Aquafitness GSC
12:15 – 13:05	Body Sculpt	12:05 – 12:55	Pilates
18:30 – 19:20	Caramel beurre salé	17:00 – 17:50	Tai Chi Chuan
19:00 – 19:50	Pilates	19:00 – 19:50	Fitness Trampoline
19:00 – 19:50	Pilates Fascias	19:00 – 19:50	Pilates Fascias
19:00 – 19:50	Broderie: Sashiko	Jeudi, 28.11.2024	
19:30 – 20:20	Guimauve à tartiner	08:45 – 09:35	Gym Seniors
Vendredi, 22.11.2024		09:45 – 10:35	Gym Seniors
10:00 – 10:50	Zumba Gold	11:00 – 11:50	Dance classique
12:15 – 13:05	Pilates Fascias	12:15 – 13:05	Body Sculpt
14:00 – 14:50	Bonhomme en pain d'épice	19:0 – 19:50	Pilates
14:30 – 12:05	Aquafitness -Hauterive	19:0 – 19:50	Pilates Fascias
18:00 – 18:45	Aquabike -Dombresson	19:00 – 19:50	Broderie: Sashiko
19:00 – 19:45	Aquabike -Dombresson	Vendredi, 29.11.2024	
Samedi, 23.11.2024		10:00 – 10:50	Zumba Gold
13:00 – 13:50	Produits ménagers	12:15 – 13:05	Pilates Fascias
Lundi, 25.11.2024		14:30 – 12:05	Aquafitness -Hauterive
18:00 – 18:50	Pilates	18:00 – 18:45	Aquabike -Dombresson
18:00 – 18:50	Tai chi Chuan avancé	19:00 – 19:45	Aquabike -Dombresson
19:00 – 19:50	Salsa	Samedi, 30.11.2024	
18:00 – 18:50	Zumba	09:00 – 09:50	Pilates yoga
19:00 – 19:50	Cardio Kickboxing	10:00 – 10:50	Dance yoga
18:00 – 18:50	Pilates	13:00 – 13:50	Produits Cosmétiques
18:00 – 18:50	Tai chi Chuan avancé		

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