



# P LANNING

SEPTEMBRE - DÉCEMBRE 2018

## HORAIRES/TIMETABLE

**semaine/week** 06:30 - 22:30  
**week-end** 09:00 - 20:00



## BRUXELLES

56, Av de la Toison d'Or  
1060  
Bruxelles



+32 2 534 14 62

[www.usinesportsclub.com](http://www.usinesportsclub.com)




**LUNDI***Playground*

Abdos 3D	07:30 - 08:00	
U'Burn Xpress	12:15 - 12:45	
Fessiers 3D	12:45 - 13:15	
Tablettes	13:15 - 13:45	
U'360	18:00 - 19:00	 
Body Attack	19:00 - 20:00	
U'Stretch	20:00 - 20:30	

*studio*

Post'Ure	19:00 - 19:30	
Vinyasa Flow	19:30 - 20:30	



*cycling*

Go Fast!	07:00 - 07:30	
Go On!	18:15 - 19:00	
Go On!	19:15 - 20:00	




**MARDI***Playground*

Yoga Detox	07:30 - 08:30	
Pilates	12:30 - 13:30	
Zumba	18:00 - 19:00	
Pump	19:00 - 20:00	
Yoga Vinyasa	20:00 - 21:00	




*studio*




Abdos 3D	13:15 - 13:45	
Xtrême Abdos	18:30 - 19:00	

*cycling*



Go On!	12:30 - 13:15	
Go On!	18:00 - 18:45	
Zone Rouge	19:00 - 20:00	

**MERCREDI***Playground*




Super 7	07:30 - 08:15	
Sexy Sculpt	12:15 - 13:15	 

Roll & Recup'	13:15 - 13:30	
Sexy Sculpt	18:00 - 19:00	
Pilates	19:00 - 20:00	

### studio



U'Boxing	19:00 - 20:00	
Preventive Dos	20:00 - 20:30	

### cycling


Go On!	12:30 - 13:15	
Zone Rouge	18:00 - 19:00	
Hymalayan	19:00 - 20:00	

## JEUDI




### Playground

Pump	12:15 - 13:00	
Extrême Abdos	13:00 - 13:30	
Pump	18:00 - 19:00	
Body Attack	19:00 - 20:00	
Ashtanga Yoga	20:00 - 21:00	

### studio





U'Boxing	18:00 - 19:00	
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### cycling


Hymalayan	12:30 - 13:15	
Zone Rouge	18:15 - 19:15	
Hymalayan	19:15 - 20:00	

## VENDREDI



### Playground

Fessiers 3D	08:00 - 08:30	
Pilates	12:30 - 13:30	
Strala Yoga	18:00 - 19:00	
Pump	19:00 - 20:00	

### studio

Abdos 3D	18:30 - 19:00	
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### cycling

Go Fast!	07:30 - 08:00	
Zone Rouge	19:00 - 20:00	

## SAMEDI



### Playground

Super 7	10:00 - 10:30	
Fessiers 3D	10:30 - 11:00	
Pump	11:00 - 12:00	
U <sup>3</sup> Burn Xpress	12:00 - 12:30	
Tablettes	12:30 - 13:00	
Zumba	16:00 - 17:00	
Power Vinyasa	17:00 - 18:00	

### studio







U <sup>3</sup> Boxing	11:00 - 12:00	
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### cycling



Zone Rouge	11:00 - 12:00	
Zone Rouge	12:00 - 13:00	

## DIMANCHE

### Playground

Tablettes	10:00 - 10:30	
U <sup>3</sup> Burn	10:30 - 11:30	
Pump	11:30 - 12:30	
U <sup>3</sup> 360	12:30 - 13:30	 
Yoga Ashtanga	16:00 - 17:00	

### cycling

Zone Rouge	11:00 - 12:00	
Zone Rouge	12:00 - 13:00	



Timing Cycling



Effort cardio vasculaire



Renforcement musculaire



Assouplissement & tonicité



Yoga

