



PLANNING COURS AQUATIQUES

LUNDI

AQUA TIQUE		
09:00	AQUA SCULPT	30'
09:30	AQUA TOTAL	45'
10:30	AQUA BIKE*	30'
12:30	AQUA TOTAL	45'
15:00	AQUA RYTHMO	30'
17:30	AQUA RYTHMO	30'
18:00	AQUA GYM	30'
18:30	AQUA SCULPT	30'
19:00	AQUA PILATES	30'
19:45	AQUA BIKE*	30'

MARDI

AQUA TIQUE		
09:00	AQUA BIKE*	30'
09:45	AQUA TOTAL	45'
10:30	AQUA GYM	30'
11:00	AQUA RYTHMO	30'
12:30	AQUA RYTHMO	30'
13:15	AQUA BIKE*	30'
14:00	AQUA MATERNITE*	60'
15:00	AQUA TOTAL	45'
17:30	AQUA TRAINING	30'
18:00	AQUA GYM	30'
18:30	AQUA BOXE	30'
19:15	CARDIO SLIM*	30'

MERCREDI

AQUA TIQUE		
09:00	AQUA RYTHMO	30'
09:30	AQUA GYM	30'
10:15	AQUA PILATES	30'
10:45	AQUA TRAINING	30'
12:30	AQUA TOTAL	45'
13:30 - 16:30	NATATION*	30'
17:15	AQUA BIKE*	30'
18:15	AQUA SCULPT	30'
18:45	AQUA TOTAL	45'
19:30	AQUA GYM	30'

JEUDI

AQUA TIQUE		
09:00	AQUA PILATES	30'
09:30	AQUA RYTHMO	30'
10:15	AQUA GYM	30'
10:45	AQUA SCULPT	30'
12:30	AQUA TOTAL	45'
15:00	AQUA TOTAL	45'
17:30	AQUA RYTHMO	30'
18:00	AQUA GYM	30'
18:30	AQUA SCULPT	30'
19:15	AQUA BIKE*	30'

VENREDI

AQUA TIQUE		
09:00	AQUA GYM	30'
09:30	AQUA RYTHMO	30'
10:30	AQUA GYM	30'
11:00	AQUA SCULPT	30'
11:45	CARDIO SLIM*	30'
12:30	AQUA BIKE*	30'
13:15	AQUA SCULPT	30'
15:30	AQUA RYTHMO	30'
17:30	AQUA PILATES	30'
18:00	AQUA TRAINING	30'
18:30	AQUA BOXE	30'
19:15	AQUA GYM	30'

SAMEDI

AQUA TIQUE		
09:30	AQUA TOTAL	45'
10:15	AQUA RYTHMO	30'
11:15	CARDIO SLIM*	30'
13:30 - 16:30	NATATION*	30'

DIMANCHE

AQUA TIQUE		
09:30	AQUA TOTAL	45'
10:15	AQUA RYTHMO	30'
11:15	AQUA BIKE*	30'

maj.09/10/18-V3

*Activités hors abonnement, renseignement à l'accueil

PLANNING MULTICLUB - COURS COLLECTIFS

LUNDI

TOURS FEBVOTTE		
09:30	GYM ESSENTIELLE	45'
10:15	STRETCHING	45'
12:30	BODYPUMP	45'
14:00	GYM DOS	45'
17:30	PILATES 1	45'
18:15	TOTAL SILHOUETTE	45'
19:00	STEP/DANCE 1	45'
19:45	BODYPUMP	60'

TOURS GIRAUDEAU		
12:30	TOTAL SILHOUETTE	45'
18:00	CAF	45'
18:45	RPM	45'
19:30	BODYCOMBAT	60'

MARDI

TOURS FEBVOTTE		
09:00	GYM DOS	45'
09:45	BODYPUMP	45'
10:30	PILATES 2	60'
12:30	TOTAL SILHOUETTE	45'
15:00	PILATES 1	45'
17:30	STRETCHING	45'
18:15	CAF	45'
19:00	STEP 2	45'
19:45	CX WORX	30'
20:15	BODYCOMBAT	60'

TOURS GIRAUDEAU		
12:30	TRAINING TIME	45'
18:00	BODYPUMP	45'
18:45	CAF	45'
19:30	MIX DANCE	45'

MERCREDI

TOURS FEBVOTTE		
09:30	CAF	45'
10:15	STRETCHING	45'
12:30	YOGA DYNAMIQUE	60'
14:00	YOGA DYNAMIQUE	60'
17:15	GYM DOS	45'
18:00	CX WORX	45'
18:45	TOTAL SILHOUETTE	45'
19:30	PILATES 1	45'
20:15	BODYPUMP	60'

TOURS GIRAUDEAU		
12:30	BODYPUMP	45'
18:00	RPM	45'
19:00	BODYATTACK	45'
19:45	DANCE AERO 2	45'

JEUDI

TOURS FEBVOTTE		
09:30	CX WORX	45'
10:15	PILATES 1	45'
12:15	PILATES 2	45'
13:00	STRETCHING	45'
14:00	GYM ESSENTIELLE	45'
14:45	GYM DOS	45'
17:30	YOGA DYNAMIQUE	60'
18:30	CAF	45'
19:15	MIX DANCE	45'
20:00	BODYCOMBAT	45'

TOURS GIRAUDEAU		
12:30	BODYCOMBAT	45'
18:00	PILATES 1	45'
18:45	BODYPUMP	45'
19:30	STEP/DANCE 1	45'

VENREDI

TOURS FEBVOTTE		
09:30	MIX DANCE	45'
10:30	PILATES 2	60'
12:30	CX WORX	45'
14:30	STRETCHING	45'
17:30	TOTAL SILHOUETTE	45'
18:15	STRETCHING	45'
19:00	MIX DANCE	45'
19:45	YOGA DYNAMIQUE	60'

TOURS GIRAUDEAU		
12:30	BODYATTACK	45'
18:00	BODYCOMBAT	45'
18:45	STEP 2	45'
19:30	BODYPUMP	45'

SAMEDI

TOURS FEBVOTTE		
09:30	TOTAL SILHOUETTE	45'
10:15	STRETCHING	45'
11:00	BODYPUMP	60'
14:00	PILATES 1	45'
14:45	TOTAL SILHOUETTE	45'

TOURS GIRAUDEAU		
09:45	RPM	60'
10:45	PILATES 1	45'

HORAIRE D'OUVERTURE

TOURS FEBVOTTE
Lundi au Vendredi : 8h30-22h
Samedi : 9h00-18h
Dimanche : 9h-13h / 16h-19h

TOURS GIRAUDEAU
Lundi au Vendredi : 9h00-21h00
Samedi : 9h00-16h