

PLANNING COURS AQUATIQUES

LUNDI

09:15	AQUA GYM	30'
09:45	AQUA SCULPT	30'
10:15	AQUA RYTHMO	30'
11:00	AQUA BIKE*	30'
12:30	AQUA TRAINING	45'
15:30	AQUA TOTAL	45'
17:15	AQUA BIKE*	30'
18:00	AQUA GYM	30'
18:30	AQUA TRAINING	45'
19:15	AQUA RYTHMO	30'
19:45	AQUA SCULPT	30'

MARDI

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

MERCREDI

10:00	AQUA BIKE*	30'
10:45	AQUA TOTAL	45'
12:30	AQUA TOTAL	45'
13:30	NATATION*	30'
14:30	AQUA BIKE*	30'
16:00	AQUA TRAINING	45'
17:30	AQUA GYM	30'
18:00	AQUA RYTHMO	30'
18:30	AQUA SCULPT	30'
19:15	AQUA BIKE*	30'
19:45	AQUA TOTAL	45'

JEUDI

09:15	AQUA RYTHMO	30'
09:45	AQUA SCULPT	30'
10:15	AQUA PILATES	30'
12:00	CARDIO SLIM*	30'
12:30	AQUA BIKE*	30'
15:30	AQUA TOTAL	45'
17:30	AQUA PILATES	30'
18:00	AQUA BOXE	30'
18:30	AQUA SCULPT	30'
19:00	AQUA RYTHMO	30'
19:45	CARDIO SLIM*	45'

VENDREDI

09:30	AQUA GYM	30'
10:00	AQUA RYTHMO	30'
10:45	AQUA GYM	30'
11:30	AQUA BIKE*	30'
12:30	AQUA TRAINING	45'
15:30	AQUA TOTAL	45'
17:30	AQUA RYTHMO	30'
18:00	AQUA TRAINING	45'
19:00	AQUA BIKE*	30'
19:30	JUMP BIKE*	30'

SAMEDI

09:30	AQUA SCULPT	30'
10:00	AQUA RYTHMO	30'
10:45	AQUA BIKE*	30'
11:30	NATATION*	30'

DIMANCHE

09:35	AQUA GYM	30'
11:30	AQUA GYM	30'

Les cours du dimanche ne sont pas assurés pendant les vacances scolaires

*Activités hors abonnement, renseignement à l'accueil

HORAIRES D'OUVERTURE

ST-CYR SUR LOIRE

Lundi	: 9h-21h30
Mardi / Vendredi	: 9h-21h
Mercredi	: 10h-21h
Jeudi	: 8h30-21h
Samedi	: 9h-17h
Dimanche	: 9h30-12h30

ROCHECORBON

Ouverture public	: 9h-13h et 17h-21h / Samedi: 9h-13h
Ouverture abonnés	: 9h-21h / Samedi: 9h-13h

ROCHECORBON - ST-CYR SUR LOIRE

PLANNING MULTICLUB - COURS COLLECTIFS

LUNDI

09:30	TOTAL SILHOUETTE	45'
10:15	STRETCHING	45'
10:30	TRAINING TIME	30'
11:00	PILATES 1	45'
12:30	CAF	45'
14:30	PILATES 1	45'
17:00	YOGA DYNAMIQUE	60'
18:00	BODYCOMBAT	45'
18:45	ZUMBA	45'
19:30	BODYPUMP	60'
20:30	GYM DOS	45'

ROCHECORBON

09:30	GYM ESSENTIELLE	45'
10:15	YOGA	60'
12:30	PILATES 1	45'
17:30	GYM DOS	45'
18:00	CROSS TRAINING (s2)60'	
18:15	YOGA	60'
19:00	CROSS TRAINING (s2)45'	

MARDI

09:30	GYM ESSENTIELLE	45'
10:15	CAF	45'
12:30	RPM	30'
13:00	TRAINING TIME	30'
14:30	GYM ESSENTIELLE	45'
17:30	TOTAL SILHOUETTE	45'
18:15	DANCE AERO 1	45'
19:00	PILATES 1	45'
19:45	CAF	45'

ROCHECORBON

12:30	GYM ESSENTIELLE	45'
17:30	PILATES 1	45'
18:15	CROSS TRAINING	60'
19:15	BOXE TRAINING (s2)60'	

MERCREDI

10:15	YOGA DYNAMIQUE	60'
12:30	BODYPUMP	45'
13:30	TRAINING TIME	30'
14:00	DANCE AERO	45'
14:45	STRETCHING	45'
17:15	GYM DOS	45'
18:00	RPM	60'
18:15	CAF	45'
19:00	STEP	45'
19:45	BOXE TRAINING	45'

ROCHECORBON

09:30	TRAINING TIME	45'
10:15	GYM ESSENTIELLE	45'
17:30	GYM ESSENTIELLE	45'
18:15	PILATES 2	45'
19:00	PILATES 1	45'
19:00	TRAINING TIME (s2) 60'	

JEUDI

08:45	YOGA 1	60'
09:45	BODYPUMP	60'
10:45	GYM DOS	45'
12:30	PILATES 1	45'
14:30	DANCE AERO	45'
17:15	PILATES 1	45'
18:00	GYM ESSENTIELLE	45'
18:45	BODYCOMBAT	60'
19:45	YOGA DYNAMIQUE	45'

ROCHECORBON

12:30	TRAINING TIME	45'
17:30	GYM DOS	45'
18:15	GYM ESSENTIELLE	45'
19:00	YOGA DYNAMIQUE	60'
19:00	BOXE TRAINING (s2) 60'	
20:00	PILATES 2	45'

VENDREDI

09:00	MARCHE NORDIQUE*	45'
09:30	CAF	45'
10:30	YOGA DYNAMIQUE	60'
10:15	TRAINING TIME	30'
12:30	CROSS TRAINING	45'
14:30	CAF	45'
17:30	BODYPUMP	60'
18:30	STRETCHING	45'
19:15	STEP/DANCE 1	45'

ROCHECORBON

09:30	PILATES 1	45'
12:30	YOGA	45'
17:30	PILATES 1	45'
18:15	YOGA	60'
19:15	CROSS TRAINING (s2)60'	

SAMEDI

09:30	CAF	45'
10:15	STRETCHING	45'
11:00	RPM	60'
14:00	TRAINING TIME	45'
09:30	GYM ESSENTIELLE	45'
10:15	PILATES	45'
11:00	BOXE TRAINING(s2) 60'	

DIMANCHE

10:15	PILATES 1	45'
11:00	RPM	60'

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