

## 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	AQUA BIKE*	30'
12:30 - 15:30	NATATION*	30'

### DIMANCHE

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

maj,01/02/19-V5

\*Activités hors abonnement, renseignement à l'accueil

### LUNDI

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

TOURS CIRAUDEAU		
12:30	TOTAL SILHOUETTE	45'
18:00	CAF	45'
18:45	<b>RPM</b>	45'
19:30	<b>BODYCOMBAT</b>	60'

### MARDI

TOURS FEBVOTTE		
09:00	GYM DOS	45'
09:45	<b>BODYPUMP</b>	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	<b>CX WORX</b>	30'
20:15	<b>BODYCOMBAT</b>	60'

TOURS CIRAUDEAU		
12:30	TRAINING TIME	45'
18:00	<b>BODYPUMP</b>	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	<b>CX WORX</b>	45'
18:45	TOTAL SILHOUETTE	45'
19:30	PILATES 1	45'
20:15	<b>BODYPUMP</b>	60'

TOURS CIRAUDEAU		
12:30	<b>BODYPUMP</b>	45'
18:00	<b>RPM</b>	45'
19:00	<b>BODYATTACK</b>	45'
19:45	DANCE AERO 2	45'

### JEUDI

TOURS FEBVOTTE		
09:30	<b>CX WORX</b>	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	<b>BODYCOMBAT</b>	45'

TOURS CIRAUDEAU		
12:30	<b>BODYCOMBAT</b>	45'
18:00	PILATES 1	45'
18:45	<b>BODYPUMP</b>	45'
19:30	STEP/DANCE 1	45'

### VENREDI

TOURS FEBVOTTE		
09:30	MIX DANCE	45'
10:30	PILATES 2	60'
12:30	<b>CX WORX</b>	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 CIRAUDEAU		
12:30	<b>BODYATTACK</b>	45'
18:00	<b>BODYCOMBAT</b>	45'
18:45	STEP 2	45'
19:30	<b>BODYPUMP</b>	45'

### SAMEDI

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

TOURS CIRAUDEAU		
09:45	<b>RPM</b>	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 CIRAUDEAU	
Lundi au Vendredi	: 9h00-21h00
Samedi	: 9h00-16h

## PLANNING MULTICLUB - COURS COLLECTIFS