

LUNDI			MARDI			MERCREDI		
9.15	GYM ESSENTIELLE	45'	9.15	PILATES	45'	9.30	YOGA*	60'
10.00	STRETCHING	45'	10.00	CAF	45'	10.30	GYM ESSENTIELLE	45'
12.30	TOTAL SILHOUETTE	45'	12.30	BODY PUMP	45'	12.15	MIX DANCE	45'
14.30	PILATES	45'	14.30	GYM DOS	45'	17.30	GYM DOS	45'
17.30	PILATES	45'	17.30	YOGA*	60'	18.15	TOTAL SILHOUETTE	45'
18.15	CAF	45'	18.30	MIX DANCE	45'	18.15	BODY COMBAT	45'
18.15	RPM*	45'	19.30	BODY PUMP	45'	20.00	MOBILITY	45'
19.15	STEP 1	45'	19.30	RPM*	45'			
20.00	BODY COMBAT	45'						

JEUDI			VENDREDI			SAMEDI		
9.15	MOBILITY	45'	9.15	GYM DOS	45'	10.00	TOTAL SILHOUETTE	45'
10.00	TOTAL SILHOUETTE	45'	10.00	SOPHROLOGIE*	60'	10.45	STRETCHING	45'
12.30	PILATES	45'	12.15	CAF	45'			
12.30	CROSS TRAINING*	30'	14.30	YOGA*	60'			
14.30	STRETCHING	45'	15.30	SOPHROLOGIE*	60'			
17.30	CAF	45'	17.30	MOBILITY	45'			
18.15	DANCE AERO	45'	18.15	BODY PUMP	45'			
18.15	RPM*	45'	19.15	STEP / AERO	45'			
19.15	MIX DANCE	45'						
20.00	CROSS TRAINING*	30'						

Planning à partir du 11/09/23 jusqu'au 31/12/2023

LUNDI			MARDI			MERCREDI		
9.15	AQUAGYM	45'	9.15	AQUAGYM	45'	9.15	AQUATOTAL	45'
10.00	AQUATOTAL	45'	10.00	AQUASCULPT	45'	10.00	AQUAPILATES	30'
11.00	AQUABIKE*	30'	12.30	AQUABIKE*	30'	12.15	AQUASCULPT	45'
12.30	AQUATOTAL	45'	15.30	AQUATOTAL	45'	14.00	NATATION*	30'
15.30	AQUATOTAL	45'	17.30	AQUAGYM	45'	14.45	NATATION*	30'
17.30	AQUATOTAL	45'	18.15	AQUATOTAL	45'	15.30	PERFECTIONNEMENT*	30'
18.30	AQUABIKE*	30'	19.15	AQUATOTAL	45'	16.15	EVEIL AQUATIQUE*	30'
19.15	AQUAGYM	45'				17.45	AQUABIKE*	30'
20.00	AQUATOTAL	45'				18.30	AQUATOTAL	45'
						19.30	AQUAGYM	45'

JEUDI			VENDREDI			SAMEDI		
9.15	AQUASCULPT	45'	9.15	AQUATOTAL	45'	8.45	AQUATOTAL	45'
10.00	AQUARYTHMO	30'	10.00	AQUAGYM	45'	9.45	AQUABIKE*	30'
10.45	AQUABIKE*	30'	12.15	AQUATOTAL	45'	10.30	BEBES NAGEURS*	30'
12.15	AQUATRINING	45'	14.30	RELAX MATERNITÉ*	45'	11.00	BEBES NAGEURS*	30'
15.30	AQUATOTAL	45'	15.30	AQUABIKE*	30'	11.45	EVEIL AQUATIQUE*	30'
17.30	AQUASCULPT	45'	16.45	NATATION*	30'	14.00	NATATION*	30'
18.15	AQUAGYM	45'	17.30	AQUATOTAL	45'	14.45	NATATION*	30'
19.15	AQUABOXE	30'	18.15	AQUASCULPT	45'	15.30	PERFECTIONNEMENT*	30'
19.45	AQUATOTAL	45'	19.15	AQUATOTAL	45'	16.15	NATATION ADULTE*	45'

Planning à partir du 11/09/23 jusqu'au 31/12/2023