

LUNDI

9.30	MIX DANCE	45'
10.30	STRETCHING	45'
12.30	FORCE	45'
14.00	GYM DOS	45'
17.30	PILATES 1	45'
17.30	CROSS TRAINING (STUDIO)**	45'
18.15	FULL BODY	45'
18.30	CROSS TRAINING (STUDIO)**	45'
19.15	STEP 1	45'
19.30	RPM (STUDIO)**	45'
20.00	FORCE	45'

MARDI

9.30	GYM DOS	45'
10.30	PILATES 2	45'
12.30	RPM (STUDIO)**	30'
14.00	YOGA	45'
15.00	PILATES 1	45'
17.30	STRETCHING	45'
18.00	RPM (STUDIO)**	45'
18.15	CAF	45'
19.15	STEP 2	45'
19.15	CROSS TRAINING (STUDIO)**	45'
20.00	BODYCOMBAT	45'

MERCREDI

9.30	STRETCHING	45'
10.30	CAF	45'
12.30	YOGA	45'
12.30	CROSS TRAINING (STUDIO)**	45'
17.30	GYM DOS	45'
18.15	MIX DANCE	45'
18.15	RPM (STUDIO)**	45'
19.15	PILATES 1	45'
19.15	CROSS TRAINING (STUDIO)**	45'
20.00	FULL BODY	45'

JEUDI

9.30	MOBILITY	45'
10.30	PILATES 1	45'
12.30	PILATES 2	45'
14.00	STRETCHING	45'
17.30	MOBILITY	45'
18.15	YOGA	45'
18.15	CROSS TRAINING (STUDIO)**	45'
19.15	FORCE	45'
19.15	CROSS TRAINING (STUDIO)**	45'
20.00	CAF	45'

VENDREDI

9.30	FULL BODY	45'
9.30	RPM (STUDIO)**	30'
10.30	PILATES 2	45'
12.30	CAF	45'
17.30	STRETCHING	45'
17.30	CROSS TRAINING (STUDIO)**	45'
18.15	BODYCOMBAT	45'
19.15	MIX DANCE	45'

SAMEDI

9.30	FULL BODY	45'
9.30	RPM (STUDIO)**	45'
10.30	STRETCHING	45'
11.30	FORCE	45'
14.00	PILATES 1	45'

LUNDI

9.30	AQUAGYM	45'
10.30	AQUATOTAL	45'
11.30	AQUABIKE*	30'
12.30	AQUATRaining**	45'
15.00	AQUATOTAL	45'
17.30	AQUAGYM	45'
18.30	AQUATOTAL	45'
19.30	AQUABIKE*	30'

MARDI

9.30	AQUATOTAL	45'
10.30	AQUATOTAL	45'
11.30	AQUABIKE*	30'
12.30	AQUATOTAL	45'
13.30	AQUAMaternité	60'
15.00	AQUAGYM	45'
15.45	PISCINE RÉSERVÉE	105'
17.30	AQUATRaining**	45'
18.30	AQUATOTAL	45'
19.30	AQUABOXE	45'

MERCREDI

9.30	AQUATOTAL	45'
10.30	AQUAPILATES	30'
12.30	AQUABOXE	45'
14.00 - 15.30	NATATION*	30'
17.30	AQUABIKE*	30'
18.30	AQUATRaining**	45'
19.30	AQUATOTAL	45'

JEUDI

9.30	AQUAPILATES	30'
10.30	AQUATOTAL	45'
12.30	AQUATOTAL	45'
15.00	AQUATOTAL	45'
16.00	AQUABIKE*	30'
17.30	AQUATOTAL	45'
18.30	AQUABOXE	45'
19.30	AQUABIKE*	30'

VENDREDI

9.30	AQUATOTAL	45'
10.30	AQUAGYM	45'
12.30	AQUABIKE*	30'
15.00	AQUAGYM	45'
17.30	AQUATOTAL	45'
18.30	AQUAPILATES	30'
19.30	AQUABIKE*	30'

SAMEDI

9.30	AQUATOTAL	45'
10.30	AQUAGYM	45'
11.30	AQUABIKE*	30'
13.00 - 15.30	NATATION*	30'

DIMANCHE

9.30	AQUAGYM	45'
10.30	AQUATOTAL	45'
11.30	AQUABIKE*	30'