



LES OCÉADES
le mans

LUNDI

9.00	FULL BODY	45'
10.00	STRETCHING	45'
11.00	MIX DANCE	45'
12.30	CAF	45'
14.00	PILATES	45'
17.00	GYM DOS	45'
18.00	BODY COMBAT	45'
19.00	CAF	45'
20.00	STEP 2	45'

MARDI

9.00	STRETCHING	45'
10.00	CAF	45'
12.30	FULL BODY	45'
14.00	GYM DOS	45'
17.30	PILATES	45'
18.30	BODY PUMP	45'
19.30	CARDIO	30'
20.00	CROSS TRAINING	30'

MERCREDI

9.00	PILATES	45'
10.00	FULL BODY	45'
11.00	GYM DOS	45'
12.30	CROSS TRAINING	45'
17.00	MIX DANCE	45'
18.00	STEP 1	45'
19.00	BODY COMBAT	45'
20.00	YOGA	45'

JEUDI

9.00	YOGA	45'
10.00	GYM DOS	45'
12.30	CAF	45'
14.00	STRETCHING	45'
17.30	CAF	45'
18.30	PILATES	45'
19.30	FULL BODY	30'
20.00	MOBILITY	30'

VENDREDI

9.00	MOBILITY	45'
10.00	STRETCHING	45'
11.00	FULL BODY	45'
12.30	CROSS TRAINING	45'
17.00	YOGA	45'
18.00	CAF	45'
19.00	BODY PUMP	45'

SAMEDI

9.00	FULL BODY	45'
10.00	STRETCHING	45'
11.00	CARDIO / FORCE	45'
14.00	PILATES	45'



LES OCÉADES
le mans

LUNDI

9.00	AQUAGYM	45'
10.00	AQUATRaining	45'
11.00	AQUATOTAL	45'
12.30	AQUABIKE*	30'
15.00	AQUAGYM	45'
18.00	AQUATOTAL	45'
19.00	AQUABOXE	45'
20.00	AQUABIKE*	30'

MARDI

9.00	AQUABIKE*	30'
10.00	AQUAGYM	45'
11.00	AQUATOTAL	45'
12.30	AQUATRaining	45'
15.00	AQUABOXE	45'
17.30	AQUATRaining	45'
18.30	AQUABIKE*	30'
19.30	AQUATOTAL	45'

MERCREDI

9.00	AQUATOTAL	45'
10.00	AQUABOXE	45'
11.00	AQUATRaining	45'
12.30	AQUABIKE*	30'
14.00 - 16.30	NATATION ENFANT*	30'
18.00	AQUATOTAL	45'
19.00	AQUABIKE*	30'
20.00	AQUABOXE	45'

JEUDI

9.00	AQUATRaining	30'
10.00	AQUAGYM	45'
11.00	AQUABIKE*	30'
12.30	AQUATOTAL	45'
15.00	AQUAGYM	45'
17.30	AQUATOTAL	45'
18.30	AQUABOXE	45'
19.30	AQUABIKE*	30'

VENDREDI

9.00	AQUATOTAL	45'
10.00	AQUABOXE	45'
11.00	AQUAGYM	45'
12.30	AQUABIKE*	30'
15.00	AQUATOTAL	45'
17.00	AQUAGYM	45'
18.00	AQUATOTAL	45'
19.00	AQUATRaining	45'

SAMEDI

9.00	AQUAGYM	45'
10.00	AQUATOTAL	45'
11.00	AQUABIKE*	30'
11.30	AQUABIKE*	30'
14.00 - 16.30	NATATION ENFANT*	30'