



LES OCÉADES
saint-cyr-sur-loire

LUNDI

9.00	FULL BODY	45'
10.00	PILATES	45'
11.00	GYM DOS	45'
12.30	CAF	45'
14.30	YOGA	45'
17.30	MOBILITY	45'
18.15	BODYCOMBAT	45'
18.15	RPM (STUDIO)*	45'
19.15	FORCE	45'
20.00	STEP	45'

MARDI

9.00	CAF	45'
10.00	MOBILITY	45'
11.00	STRETCHING	45'
12.30	RPM*	45'
14.30	GYM DOS	45'
17.30	CAF	45'
18.15	DANCE AERO	45'
19.15	PILATES	45'
20.00	CROSSTRaining	45'

MERCREDI

9.00	FULL BODY	45'
10.00	STRETCHING	45'
12.30	CROSSTRaining	45'
14.30	PILATES	45'
17.30	GYM DOS	45'
18.30	STEP DANCE	45'
18.30	RPM (STUDIO)*	45'
19.30	FORCE	45'

JEUDI

9.00	PILATES	45'
10.00	FORCE	45'
12.30	MOBILITY	45'
14.30	AERO	45'
17.30	YOGA	45'
18.15	CAF	45'
19.15	PILATES	45'
20.00	CARDIO	45'

VENREDI

9.00	CAF	45'
10.00	YOGA	45'
12.30	CROSSTRaining	45'
14.30	GYM DOS	45'
17.30	FULL BODY	45'
18.15	RPM (STUDIO)*	45'
18.30	STRETCHING	45'
19.30	MIX DANCE	45'

SAMEDI

9.00	FULL BODY	45'
10.00	STRETCHING	45'
11.00	RPM*	45'

DIMANCHE

10.00	PILATES	45'
11.00	RPM*	45'



LES OCÉADES
saint-cyr-sur-loire

LUNDI

9.00	AQUATOTAL	45'
10.00	AQUAGYM	45'
11.00	AQUABIKE*	30'
12.30	AQUATRaining	45'
15.30	AQUATOTAL	45'
17.30	AQUAGYM	45'
18.15	AQUATOTAL	45'
19.15	AQUATOTAL	45'
20.00	CARDIO SLIM**	30'

MARDI

9.00	AQUATOTAL	45'
10.00	AQUATRaining	45'
11.00	CARDIO SLIM**	30'
12.30	AQUAGYM	45'
14.30	AQUAPILATES	30'
15.30	AQUATOTAL	45'
17.30	AQUATOTAL	45'
18.15	AQUABOXE	45'
19.15	AQUABIKE**	30'
19.45	AQUABIKE**	30'

MERCREDI

9.00	AQUAGYM	45'
10.00	AQUATOTAL	45'
11.00	AQUABIKE**	30'
11.30	NATATION ENFANT**	30'
12.30	AQUATOTAL	45'
13.30	NATATION ENFANT**	30'
14.00	NATATION ENFANT**	30'
15.30	AQUATRaining	45'
17.30	AQUAGYM	45'
18.30	AQUABIKE**	30'
19.30	AQUABOXE	45'

JEUDI

8.15	AQUAGYM	45'
9.00	AQUATOTAL	45'
10.00	AQUATRaining	45'
11.00	AQUA CANCELLIENNE	45'
12.30	CARDIO SLIM**	30'
14.00	AQUA FIBRO	45'
15.30	AQUAGYM	45'
17.30	AQUABOXE	45'
18.30	AQUATOTAL	45'
19.30	AQUATRaining	45'

VENREDI

9.00	AQUATOTAL	45'
10.00	AQUATRaining	45'
11.00	AQUABIKE**	30'
12.30	AQUATRaining	45'
15.30	AQUATOTAL	45'
17.30	AQUATOTAL	45'
18.30	AQUATRaining	45'
19.30	CARDIO SLIM**	45'

SAMEDI

9.00	AQUATOTAL	45'
10.00	BÉBÉS NAGEURS**	45'
11.00 - 13.30	NATATION ENFANT**	30'

DIMANCHE

9.00	AQUATOTAL	45'
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