

LUNDI

9.30	MOBILITY	45'	9.30
10.30	STRETCHING	45'	10.30
12.30	CAF	45'	12.30
17.15	PILATES (STUDIO)	45'	17.30
17.30	FULL BODY	45'	17.30
18.15	PILATES (STUDIO)	45'	18.30
18.30	BIKE	45'	18.30
19.30	BODYCOMBAT	45'	19.15

MARDI

9.30	CAF	45'
10.30	YOGA	45'
12.30	MOBILITY	45'
17.30	DANCE AERO	45'
17.30	GYM DOS (STUDIO)	45'
18.30	CAF	45'
18.30	YOGA (STUDIO)	60'
19.15	CARDIO	45'

MERCREDI

9.30	BIKE	45'
10.30	MOBILITY	45'
12.30	CROSS TRAINING	45'
17.30	STEP	45'
18.30	FORCE	45'
19.30	PILATES	45'

JEUDI

9.30	FULL BODY	45'	9.30
10.30	PILATES	45'	10.30
12.30	FORCE	45'	12.30
17.30	BIKE	45'	17.30
17.30	STRETCHING (STUDIO)	45'	18.00
18.30	BODY COMBAT	45'	18.30
19.15	MOBILITY	45'	

VENDREDI

9.30	FORCE	45'
10.30	GYM DOS	45'
12.30	FULL BODY	45'
17.30	CAF	45'
18.00	YOGA (STUDIO)	60'
18.30	MIX DANCE	45'

SAMEDI

9.30	CAF	45'
10.15	STRETCHING	45'
11.00	YOGA	60'

LUNDI

9.30	AQUATOTAL	45'	9.30
10.30	AQUAGYM	45'	10.30
12.30	AQUATRaining	45'	12.30
13.30	AQUABIKE*	30'	14.30
14.30	AQUATOTAL	45'	15.30
17.30	AQUAGYM	45'	17.30
18.15	AQUATOTAL	45'	18.30
19.00	AQUATOTAL	45'	19.30
20.00	AQUABIKE*	30'	

MARDI

9.30	AQUAGYM	45'
10.30	AQUATOTAL	45'
12.30	AQUATOTAL	45'
14.30	AQUAPILATES	30'
15.30	PISCINE RÉSERVÉE	30'
17.30	AQUATOTAL	45'
18.30	AQUABOXE	45'
19.30	AQUATOTAL	45'

MERCREDI

9.30	AQUATOTAL	45'
10.30 - 12.30	NATATION*	30'
14.30 - 16.00	NATATION*	30'
17.30	AQUATOTAL	45'
18.30	AQUATRaining	45'
19.30	AQUATOTAL	45'

JEUDI

9.30	AQUAGYM	45'	9.30
10.30	AQUATOTAL	45'	10.30
12.30	AQUABIKE*	30'	12.30
14.30	AQUAGYM	45'	14.30
17.30	AQUAGYM	45'	17.30
18.15	AQUATOTAL	45'	18.30
19.00	AQUATOTAL	45'	19.30
20.00	AQUABIKE*	30'	

VENDREDI

9.30	AQUATOTAL	45'
10.30	AQUAPILATES	30'
12.30	AQUATOTAL	45'
14.30	AQUAMATERNITÉ	60'
17.30	AQUATRaining	45'
18.30	AQUATOTAL	45'
19.30	AQUABIKE*	30'

SAMEDI

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