

LUNDI

9.00	FULL BODY	45'
10.00	STRETCHING	45'
12.30	ALEOP CARDIO	45'
14.30	GYM DOS	45'
17.30	STRETCHING	45'
18.15	BODYCOMBAT	45'
19.00	BODYPUMP*	45'
19.45	RPM*	45'

MARDI

9.00	YOGA	45'
10.00	ALEOP MOBILITY	45'
12.30	BODYPUMP*	45'
14.30	PILATES	45'
17.30	GYM DOS	45'
18.15	CAF	45'
19.00	DANCE AERO	45'
20.00	FULL BODY	45'
20.00	CROSS TRAINING (STUDIO)*	45'

MERCREDI

9.00	PILATES	45'
10.00	STRETCHING	45'
12.30	FULL BODY	45'
17.30	CAF	45'
18.15	BODYPUMP*	45'
19.15	STEP	45'
19.15	CROSSTRaining (STUDIO)*	45'
20.00	YOGA	45'

JEUDI

9.00	CAF	45'
10.00	FULL BODY	45'
12.30	RPM*	45'
14.30	STRETCHING	45'
17.30	FULL BODY	45'
18.15	BODYCOMBAT	45'
19.15	PILATES	45'

 VENDREDI

9.00	RPM*	45'
10.00	PILATES	45'
12.30	CAF	45'
14.30	YOGA	45'
17.30	ALEOP MOBILITY	45'
18.30	MIX DANCE	45'
18.30	CROSS TRAINING (STUDIO)*	45'
19.30	RPM*	45'

SAMEDI

9.15	FULL BODY	45'
10.15	STRETCHING	45'
11.15	BODYPUMP*	45'
14.00	PILATES	60'
15.00	QI GONG*	60'

DIMANCHE

9.30 - 12.30 ACCÈS LIBRE

LUNDI

9.00	AQUAGYM	45'
10.00	AQUATOTAL	45'
11.00	AQUABIKE*	30'
12.30	AQUATOTAL	45'
15.30	AQUATOTAL	45'
16.15	BASSIN OCCUPÉ	45'
18.15	AQUATRaining	45'
19.00	AQUATOTAL	45'
20.00	AQUABIKE*	30'

MARDI

9.00	AQUATOTAL	45'
10.00	AQUAGYM	45'
11.00	AQUABIKE*	30'
12.30	AQUATOTAL	45'
15.30	AQUATOTAL	45'
17.30	AQUABOOST	30'
18.15	AQUATOTAL	45'
19.15	AQUABOXE	45'

MERCREDI

9.00 - 12.00	BASSIN OCCUPÉ	
12.15	AQUATRaining	30'
12.45	AQUABIKE*	30'
13.30-15.30	NATATION ENFANT*	30'
16.00	AQUABIKE*	30'
17.30	AQUATOTAL	45'
18.15	AQUABOXE	45'
19.15	AQUABIKE*	30'
19.45	AQUABIKE*	30'

JEUDI

9.00	AQUATOTAL	45'
10.00	AQUAGYM	45'
11.00	AQUABIKE*	30'
12.15	AQUAPILATES	30'
12.45	AQUABIKE*	30'
15.30	AQUATOTAL	45'
18.15	AQUATRaining	45'
19.15	AQUABOXE	45'

VENDREDI

9.00	AQUAGYM	45'
10.00	AQUATOTAL	45'
11.00	AQUABIKE*	30'
12.30	AQUATOTAL	45'
15.30	AQUATOTAL	45'
18.30	AQUATOTAL	45'
19.30	AQUABIKE*	30'

SAMEDI

9.30	AQUATOTAL	45'
10.30	AQUABIKE*	30'
11.15	BÉBÉS NAGEURS*	30'
14.00 - 16.30	NATATION ENFANT*	30'

DIMANCHE

9.30 - 12.30 ACCÈS LIBRE