



LES OCÉADES
niort-bessines

LUNDI

9.15	GYM ESSENTIELLE	45'
10.00	STRETCHING	45'
12.30	TOTAL SILHOUETTE	45'
14.30	PILATES	45'
17.30	PILATES	45'
18.15	CAF	45'
18.30	RPM*	45'
19.15	STEP 1	45'
20.00	BODY COMBAT	45'

MARDI

9.15	PILATES	45'
10.00	CAF	45'
12.30	BODY PUMP	45'
14.30	GYM DOS	45'
17.30	YOGA*	60'
18.30	MIX DANCE	45'
19.30	BODY PUMP	45'
19.30	RPM*	45'

MERCREDI

9.30	YOGA*	60'
10.30	GYM ESSENTIELLE	45'
12.15	MIX DANCE	45'
17.30	GYM DOS	45'
18.15	TOTAL SILHOUETTE	45'
19.15	BODY COMBAT	45'
20.00	SHAKE DANCE	45'

JEUDI

9.15	MOBILITY	45'
10.00	MIX DANCE	45'
12.30	PILATES	45'
12.30	CROSS TRAINING*	30'
14.30	STRETCHING	45'
17.30	CAF	45'
18.15	DANCE AERO	45'
18.15	RPM*	45'
19.15	MIX DANCE	45'
20.00	CROSS TRAINING*	30'

VENREDI

9.15	GYM DOS	45'
10.00	YOGA*	60'
12.15	CAF	45'
14.30	YOGA*	60'
17.30	MOBILITY	60'
18.15	BODY PUMP	45'
19.15	STEP / AERO *	45'

SAMEDI

9.15	TOTAL SILHOUETTE	45'
10.00	STRETCHING	45'
14.00	MOBILITY	45'
15.00	MIX DANCE / RPM**	45'

*1 SEM/2



LES OCÉADES
niort-bessines

LUNDI

9.15	AQUAGYM	45'
10.00	AQUATOTAL	45'
11.00	AQUABIKE*	30'
12.30	AQUATOTAL	45'
15.30	AQUATOTAL	45'
17.30	AQUATOTAL	45'
18.30	AQUABIKE*	30'
19.15	AQUATOTAL	45'
20.00	AQUASCUPLT	45'

MARDI

9.15	AQUAGYM	45'
10.00	AQUASCUPLT	45'
12.30	AQUABIKE*	30'
15.30	AQUATOTAL	45'
17.30	AQUAGYM	45'
18.30	AQUARYTHMO	30'
19.15	AQUATOTAL	45'

MERCREDI

9.15	AQUATOTAL	45'
10.00	AQUAPILATES	30'
12.15	AQUASCUPLT	45'
14.00	NATATION*	30'
14.45	NATATION*	30'
15.30	PERFECTIONNEMENT*	30'
17.45	AQUABIKE*	30'
18.30	AQUATOTAL	45'
19.30	AQUAGYM	45'

JEUDI

9.15	AQUASCUPLT	45'
10.00	AQUARYTHMO	30'
10.45	AQUABIKE*	30'
12.15	AQUATRaining	45'
15.30	AQUATOTAL	45'
17.30	AQUASCUPLT	45'
18.15	AQUAGYM	45'
19.15	AQUARYTHMO	30'
19.45	AQUATOTAL	45'

VENREDI

9.15	AQUATOTAL	45'
10.00	AQUAGYM	45'
12.15	AQUATOTAL	45'
14.30	RELAX MATERNITÉ*	45'
15.30	AQUABIKE*	30'
16.45	NATATION*	30'
17.30	AQUATOTAL	45'
18.15	AQUASCUPLT	45'
19.00	AQUAGYM	45'

SAMEDI

9.15	AQUATOTAL	45'
10.15	AQUABIKE*	30'
11.00	BEBES NAGEURS*	30'
11.30	BEBES NAGEURS*	30'
12.15	EVEIL AQUATIQUE*	30'
14.00	NATATION*	30'
14.45	NATATION*	30'
15.30	PERFECTIONNEMENT*	30'