

FITNESS



LUNDI

9.00	FULL BODY	45'
10.00	STRETCHING	45'
12.30	CARDIO	45'
14.30	GYM DOS	45'
17.30	STEP	45'
18.15	BODYCOMBAT	45'
19.15	RPM*	45'

MARDI

9.00	MOBILITY	45'
10.00	YOGA	45'
12.30	BODYPUMP*	45'
17.30	GYM DOS	45'
18.15	CAF	45'
19.15	MIX DANCE	45'

MERCREDI

9.00	PILATES	45'
10.00	STRETCHING	45'
12.30	FULL BODY	45'
17.30	CAF	45'
18.15	DANCE AERO	45'
19.15	BODYPUMP*	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	CROSS TRAINING*	45'
19.15	PILATES	45'

VENREDI

9.00	RPM*	45'
10.00	PILATES	45'
12.30	CAF	45'
17.30	MOBILITY	45'
18.15	BODYPUMP*	45'
19.15	RPM*	45'

SAMEDI

9.45	FULL BODY	45'
10.30	STRETCHING	45'

* Activités sur réservation



AQUAFITNESS

LUNDI

9.00	AQUAGYM	45'
11.00	AQUABIKE*	30'
12.30	AQUATOTAL	45'
15.30	AQUATOTAL	45'
17.30	AQUATOTAL	45'
18.15	AQUATRaining	45'
19.15	AQUABIKE*	30'

MARDI

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

MERCREDI

12.15	AQUATRaining	30'
12.45	AQUABIKE*	30'
17.30	AQUATOTAL	45'
18.15	AQUABOXE	45'
19.15	AQUABIKE*	30'

JEUDI

9.00	AQUATOTAL	45'
11.00	AQUABIKE*	30'
12.15	AQUAPILATES	30'
12.45	AQUABIKE*	30'
15.30	AQUATOTAL	45'
18.15	AQUABOXE	45'
19.15	AQUAFUN	45'

VENREDI

9.00	AQUAGYM	45'
10.00	AQUATOTAL	45'
11.00	AQUABIKE*	30'
12.30	AQUATOTAL	45'
18.15	AQUATOTAL	45'
19.15	AQUABIKE*	30'

SAMEDI

9.00	AQUATOTAL	45'
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* Activités hors abonnement & sur réservation