

FITNESS



LUNDI

9.00	FULL BODY	45'
10.00	STRETCHING	45'
11.00	MIX DANCE	45'
12.30	CAF	45'
14.00	PILATES	45'
17.00	GYM DOS	45'
18.00	BODY COMBAT	45'
19.00	BODY PUMP*	45'
20.00	STEP 2	45'

MARDI

9.00	STRETCHING	45'
10.00	CAF	45'
12.30	FULL BODY	45'
14.00	GYM DOS	45'
17.30	CROSS TRAINING*	45'
18.30	PILATES	45'
19.30	CARDIO	45'

MERCREDI

9.00	PILATES	45'
10.00	FULL BODY	45'
17.00	MIX DANCE	45'
18.00	BODY PUMP*	45'
19.00	BODY COMBAT	45'
20.00	YOGA	45'

JEUDI

9.00	YOGA	45'
10.00	GYM DOS	45'
12.30	CAF	45'
14.00	STRETCHING	45'
17.30	PILATES	45'
18.30	STEP DANCE	45'
19.30	MOBILITY	45'

VENDREDI

9.00	MOBILITY	45'
10.00	STRETCHING	45'
12.30	CROSS TRAINING*	45'
17.30	YOGA	45'
18.30	CAF	45'
19.30	FULL BODY	45'

SAMEDI

9.00	FULL BODY	45'
10.00	STRETCHING	45'
11.00	BODY PUMP*	45'
14.00	PILATES	45'

* Activités sur réservation



AQUAFITNESS

LUNDI

9.00	AQUAGYM	45'
10.00	AQUATRaining	45'
11.00	AQUATOTAL	45'
12.30	AQUABIKE*	30'
15.00	AQUAGYM	45'
18.00	AQUATOTAL	45'
19.00	AQUABOXE	45'
20.00	AQUABIKE*	30'

MARDI

9.00	AQUABIKE*	30'
10.00	AQUAGYM	45'
11.00	AQUATRaining	45'
13.15	AQUAMATERNITÉ*	90'
15.00	AQUABOXE	45'
17.30	AQUATRaining	45'
18.30	AQUABIKE*	30'
19.30	AQUATOTAL	45'

MERCREDI

9.00	AQUATOTAL	45'
10.00	AQUABOXE	45'
11.00	AQUATRaining	45'
14.00-17.00	NATATION ENFANT*	180' **
18.00	AQUATOTAL	45'
19.00	AQUABIKE*	30'

JEUDI

9.00	AQUATRaining	45'
10.00	AQUAGYM	45'
11.00	AQUABIKE*	30'
12.30	AQUATOTAL	45'
15.00	AQUAGYM	45'
17.30	AQUATOTAL	45'
18.30	AQUABOXE	45'
19.30	AQUABIKE*	30'

VENDREDI

9.00	AQUATOTAL	45'
10.00	AQUABOXE	45'
11.00	AQUAGYM	45'
12.30	AQUABIKE*	30'
17.30	AQUAGYM	45'
18.30	AQUATRaining	45'

SAMEDI

9.00	AQUAGYM	45'
10.00	AQUATOTAL	45'
11.00	AQUABIKE*	30'
14.00-17.00	NATATION ENFANT*	180' **

* Activités hors abonnement & sur réservation

** Créneaux de 30 minutes