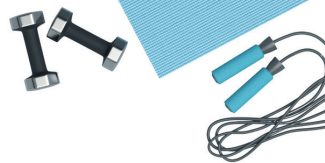


FITNESS



LUNDI

9.00	MIX DANCE	45'
10.00	STRETCHING	45'
12.30	FORCE	45'
14.00	GYM DOS	45'
17.30	PILATES 1	45'
18.15	FULL BODY	45'
18.30	CROSS TRAINING*	45'
19.15	STEP DANCE	45'

MARDI

9.00	GYM DOS	45'
10.00	PILATES 2	45'
12.30	RPM*	30'
14.00	YOGA	45'
15.00	PILATES 1	45'
17.30	STRETCHING	45'
18.00	RPM*	45'
18.15	CAF	45'
19.15	BODYCOMBAT	45'
19.15	CROSS TRAINING*	45'

MERCREDI

9.00	STRETCHING	45'
10.00	CAF	45'
12.30	YOGA	45'
17.30	GYM DOS	45'
18.15	MIX DANCE	45'
18.15	RPM*	45'
19.15	PILATES 1	45'
19.15	CROSS TRAINING*	45'

JEUDI

9.00	MOBILITY	45'
10.00	PILATES 1	45'
12.30	PILATES 2	45'
14.00	STRETCHING	45'
17.30	MOBILITY	45'
18.15	YOGA	45'
18.15	CROSS TRAINING*	45'
19.15	CAF	45'
19.30	RPM*	45'
20.00	FORCE	45'

VENDREDI

9.00	FULL BODY	45'
10.00	PILATES 1	45'
12.30	CAF	45'
17.30	STRETCHING	45'
17.30	CROSS TRAINING*	45'
18.15	BODYCOMBAT	45'
19.15	MIX DANCE	45'

SAMEDI

9.30	FULL BODY	45'
9.30	RPM*	45'
10.30	STRETCHING	45'
11.30	FORCE	45'
14.00	PILATES 1	45'

* Activités sur réservation



AQUAFITNESS

LUNDI

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

MARDI

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

MERCREDI

9.00	AQUATOTAL	45'
10.00	AQUAGYM	45'
12.30	AQUABOXE	45'
14.00-15.30	NATATION*	90' **
17.30	AQUABIKE*	30'
18.30	AQUATOTAL	45'

JEUDI

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

VENDREDI

9.00	AQUAGYM	45'
10.00	AQUATOTAL	45'
12.30	AQUABIKE*	30'
15.00	AQUAGYM	45'
17.30	AQUATOTAL	45'
18.30	AQUAGYM	45'

SAMEDI

9.30	AQUAGYM	45'
10.30	AQUATOTAL	45'
11.30	AQUABIKE*	30'
13.00-15.00	NATATION*	120' **

* Activités hors abonnement & sur réservation

** Créneaux de 30 minutes