



# LES OCÉADES

tours febvotte

## LUNDI

|       |                |     |
|-------|----------------|-----|
| 9H30  | MIX DANCE      | 45' |
| 10H30 | STRETCHING     | 45' |
| 12H30 | BODYPUMP       | 45' |
| 14H00 | GYM DOS        | 45' |
| 17H30 | PILATES 1      | 45' |
| 17H30 | CROSS TRAINING | 45' |
| 18H30 | FULL BODY      | 45' |
| 18H30 | CROSS TRAINING | 45' |
| 19H30 | STEP           | 45' |
| 19H30 | RPM            | 45' |
| 20H15 | BODYPUMP       | 45' |

## JEUDI

|       |                |     |
|-------|----------------|-----|
| 9H30  | MOBILITY       | 45' |
| 10H30 | PILATES 1      | 45' |
| 12H30 | PILATES 2      | 45' |
| 14H00 | STRETCHING     | 45' |
| 17H30 | MOBILITY       | 45' |
| 17H30 | CROSS TRAINING | 45' |
| 18H30 | YOGA           | 45' |
| 18H30 | CROSS TRAINING | 45' |
| 19H30 | BODYCOMBAT     | 45' |

## MARDI

|       |                |     |
|-------|----------------|-----|
| 9H30  | GYM DOS        | 45' |
| 10H30 | PILATES 2      | 45' |
| 12H30 | RPM            | 45' |
| 14H00 | YOGA           | 45' |
| 17H30 | STRETCHING     | 45' |
| 18H30 | CAF            | 45' |
| 18H30 | RPM            | 45' |
| 19H30 | MOBILITY       | 45' |
| 19H30 | CROSS TRAINING | 45' |
| 20H15 | BODYCOMBAT     | 45' |

## VENDREDI

|       |            |     |
|-------|------------|-----|
| 9H30  | FULL BODY  | 45' |
| 9H30  | RPM        | 45' |
| 10H30 | PILATES 2  | 45' |
| 12H30 | CAF        | 45' |
| 14H00 | PILATES 1  | 45' |
| 17H30 | STRETCHING | 45' |
| 18H30 | STEP 2     | 45' |

## MERCREDI

|       |                |     |
|-------|----------------|-----|
| 9H30  | CAF            | 45' |
| 10H30 | YOGA           | 45' |
| 12H30 | YOGA           | 45' |
| 17H30 | GYM DOS        | 45' |
| 17H30 | CROSS TRAINING | 45' |
| 18H30 | MIX DANCE      | 45' |
| 18H30 | RPM            | 45' |
| 19H30 | PILATES 1      | 45' |
| 19H30 | CROSS TRAINING | 45' |

## SAMEDI

|       |            |     |
|-------|------------|-----|
| 9H30  | RPM        | 45' |
| 10H30 | STRETCHING | 45' |
| 11H30 | BODYPUMP   | 45' |
| 14H00 | PILATES 1  | 45' |

FITNESSES



Reinforcement



Wellness



Cardio



Freestyle



# LES OCÉADES

tours febvotte

## LUNDI

|       |              |     |
|-------|--------------|-----|
| 9H30  | AQUAGYM      | 45' |
| 10H30 | AQUATOTAL    | 45' |
| 11H00 | AQUABIKE*    | 30' |
| 12H30 | AQUATRaining | 45' |
| 15H00 | AQUAGYM      | 45' |
| 17H30 | AQUATRaining | 60' |
| 18H30 | AQUATOTAL    | 45' |
| 19H30 | AQUABIKE*    | 30' |

## MARDI

|                     |                         |     |
|---------------------|-------------------------|-----|
| 9H30                | AQUATOTAL               | 45' |
| 10H30               | AQUAGYM                 | 45' |
| 12H30               | AQUAGYM                 | 45' |
| DE 13H30<br>À 14H30 | <b>PISCINE RÉSERVÉE</b> |     |
| 15H00               | AQUATOTAL               | 45' |
| DE 15H45<br>À 17H30 | <b>PISCINE RÉSERVÉE</b> |     |
| 17H30               | AQUAPILATES             | 45' |
| 18H30               | AQUABOXE                | 45' |
| 19H30               | AQUATOTAL               | 45' |

## MERCREDI

|                   |              |       |
|-------------------|--------------|-------|
| 9H30              | AQUATOTAL    | 45'   |
| 10H30             | AQUAPILATES  | 45'   |
| 12H30             | AQUATOTAL    | 30'   |
| DE 14H<br>À 15H30 | NATATION     | 4X30' |
| 17H30             | AQUABIKE*    | 30'   |
| 18H30             | AQUATRaining | 45'   |
| 19H30             | AQUABOXE     | 45'   |

## JEUDI

|       |             |     |
|-------|-------------|-----|
| 9H30  | AQUAPILATES | 45' |
| 10H00 | AQUATOTAL   | 45' |
| 12H30 | AQUABOXE    | 30' |
| 15H00 | AQUATOTAL   | 45' |
| 17H30 | AQUATOTAL   | 45' |
| 18H30 | AQUAGYM     | 45' |
| 19H30 | AQUABIKE*   | 30' |

## VENDREDI

|       |           |     |
|-------|-----------|-----|
| 9H30  | AQUATOTAL | 45' |
| 10H30 | AQUAGYM   | 45' |
| 11H00 | AQUABIKE* | 30' |
| 15H00 | AQUAGYM   | 45' |
| 17H30 | AQUABOXE  | 45' |
| 18H30 | AQUATOTAL | 45' |
| 19H30 | AQUABIKE* | 30' |

## SAMEDI

|                  |           |       |
|------------------|-----------|-------|
| 9H30             | AQUATOTAL | 45'   |
| 10H30            | AQUAGYM   | 45'   |
| 11H30            | AQUABIKE* | 30'   |
| 14H00<br>À 15H30 | NATATION* | 3X30' |

## DIMANCHE

|       |           |     |
|-------|-----------|-----|
| 9H30  | AQUAGYM   | 45' |
| 10H30 | AQUATOTAL | 45' |
| 11H30 | AQUABIKE* | 30' |

AQUAFITNESS



Créneaux de 30 minutes

\*activités hors abonnement