

#PLANNING FITNESS



LES OCÉADES

amboise

LUNDI

9H30	GYM DOS	45'
10H30	STRETCHING	45'
12H30	CAF	45'
12H30	REFORMER (STUDIO)	45'
17H15	FULL BODY	45'
17H15	REFORMER (STUDIO)	45'
18H00	PILATES	45'
18H15	REFORMER (STUDIO)	45'
18H45	RPM	45'
19H30	BODYCOMBAT	45'

MARDI

9H30	CAF	45'
10H30	YOGA	45'
11H30	REFORMER (STUDIO)	45'
12H30	PILATES	45'
17H30	GYM DOS	45'
18H30	CAF	45'
19H30	FULL BODY	45'

MERCREDI

9H30	RPM	45'
10H30	STRETCHING	45'
12H30	CROSS TRAINING	45'
17H30	STEP	45'
18H30	BODYPUMP	45'
19H30	PILATES	45'

JEUDI

9H30	FULL BODY	45'
10H30	PILATES	45'
12H30	BODYPUMP	45'
17H30	RPM	45'
18H30	BODYCOMBAT	45'
19H30	REFORMER (STUDIO)	45'
19H30	STRETCHING	45'

VENDREDI

9H30	BODYPUMP	45'
10H30	GYM DOS	45'
12H30	FULL BODY	45'
12H30	REFORMER (STUDIO)	45'
17H30	CAF	45'
18H30	REFORMER (STUDIO)	45'
18H30	MIX DANCE	45'
19H15	YOGA	45'

SAMEDI

10H00	CAF	45'
10H45	STRETCHING	45'
11H30	REFORMER (STUDIO)	45'
11H30	YOGA	60'



Renforcement



Wellness



Cardio



Freestyle



Activités hors abonnement



LUNDI

9H30	AQUATOTAL	45'
10H30	AQUAGYM	45'
12H30	AQUATRaining	45'
13H30	AQUABIKE	30'
14H30	AQUATOTAL	45'
17H15	AQUAGYM	45'
18H00	AQUATOTAL	45'
18H45	AQUATOTAL	45'
19H45	AQUABIKE	30'

MARDI

9H30	AQUAGYM	45'
10H30	AQUATOTAL	45'
12H30	AQUABOXE	45'
14H30	AQUAPILATES	30'
17H30	AQUATOTAL	45'
18H30	AQUABIKE	30'
19H30	AQUABOXE	45'

MERCREDI

9H30	AQUATOTAL	45'
10H30	AQUABIKE	30'
11H15	NATATION	2X30'
12H30	AQUATOTAL	45'
14H00	NATATION	4X30'
17H30	AQUATOTAL	45'
18H30	AQUATRaining	45'
19H30	AQUATOTAL	45'

JEUDI

9H30	AQUAGYM	45'
10H30	AQUATOTAL	45'
12H30	AQUABIKE	30'
14H30	AQUAGYM	45'
17H30	AQUABOXE	45'
18H30	AQUATOTAL	45'
19H30	AQUABIKE	30'

VENDREDI

9H30	AQUATOTAL	45'
10H30	AQUAPILATES	30'
11H30	AQUABIKE	30'
12H30	AQUATOTAL	45'
14H30	AQUATOTAL	45'
17H30	AQUATRaining	45'
18H30	AQUATOTAL	45'
19H30	AQUABIKE	30'

SAMEDI

9H00	AQUATOTAL	45'
10H00	BÉBÉ NAGEUR	45'
11H00	NATATION	3X30'

