

# Planning • Cours collectifs

Lundi				Mardi				Mercredi				Jeudi				Vendredi				Samedi			
Studio 1	Studio 2	Studio RPM	Piscine	Studio 1	Studio 2	Studio RPM	Piscine	Studio 1	Studio 2	Studio RPM	Piscine	Studio 1	Studio 2	Studio RPM	Piscine	Studio 1	Studio 2	Studio RPM	Piscine	Studio 1	Piscine		
			8h30 Aqua Gym 30'				8h30 Aqua Tonic 30'				8h30 Aqua Gym 30'				8h30 Aqua Tonic 30'								
9h Vital Ball 45'	Yin Yoga 45'		9h15 Aqua Tonic 30'	9h Gym Douce 45'	Pilates 45'		9h15 Aqua Gym 30'	9h Vital Ball 45'	Pilates 45'		9h15 Aqua Tonic 30'	9h Gym posturale 45'		9h15 Aqua Gym 30'								9h Bébés Nageurs 30'	
10h Yoga Stretch 30'			Aqua Power 30'	10h Stretch 45'			Aqua Bike 30'	10h Yoga Stretch 30'			Aqua Power 30'	10h Hatha Yoga 60'			Aqua Bike 30'							10h Gym Douce 45'	9h30 Bébés Nageurs 30'
10h45 Gym posturale 45'	Hatha Yoga 60'		10h30 Aqua Vital 2h	11h CAF 45'	Hatha Yoga 60'		10h30 Aqua Vital 2h	10h45 Gym posturale 45'			1h30 Aqua Vital 1h30			1h30 Aqua Vital 1h30								10h15 Aqua Tonic 30'	
12h30 CAF 45'	Pilates 45'	RPM 45'	Aqua Tonic 30'	12h30 Body Pump 45'	Body Balance 45'		Aqua Bike 30'	12h30 CAF 45'			Aqua Bike 30'			12h30 Body Combat 45'	Body Balance 45'							11h Hatha Yoga 60'	10h30 Aqua Tonic 30'
			13h Aqua Vital 2h				13h Aqua Vital 2h				13h Aqua Vital Jusqu'à 18h											11h Body Balance 60'	11h15 Aqua Bike 30'
			16h Aqua Vital 1h30		16h Yoga Femme enceinte 45'		15h30 Aqua Vital 2h30								16h Yoga Femme enceinte 45'							11h30 Aqua Vital	
17h30 Vinyasa Yoga 45'			Aqua Tonic 30'	17h30 Pilates 45'	Yin Yoga 60'		18h Aqua Gym 30'	17h30 CAF 45'			18h Aqua Bike 30'			17h30 Pilates 45'	Yin Yoga 60'								
18h30 Body Combat 45'	Body Balance 45'	RPM 45'	18h15 Aqua Bike 30'	18h30 CAF 45'	Ashtanga Yoga 60'		18h45 Aqua Tonic 30'	18h30 Body Combat 45'			18h45 Aqua Bike 30'			18h30 Body Pump 45'	Vinyasa Yoga 60'							18h CAF 45'	17h30 Aqua Tonic 30'
19h30 Body Pump 45'	Pilates 45'		19h45 Aqua Fit 30'	19h30 Body Attack 45'			Aqua Bike 30'	19h30 Body Balance 60'			Aqua Fit 30'			19h30 Body Attack 45'								18h Ashtanga Yoga 60'	18h15 Aqua Bike 30'
																						18h45 Ashtanga Yoga 60'	19h RPM 45'
																							15h30 Aqua Vital 2h
																							15h30 Aqua Vital 2h
																							Jusqu'à 17h45

- Cours fitness
- Cours bien-être
- Cours santé
- Cours du mois
- Cours en piscine
- Piscine libre
- Cours du programme LesMills

Besoin d'informations complémentaires ?  
Contactez-nous au 05 55 922 922