Planning • Cours collectifs

Vithalia
Centre Santé & Bien-être

Lundi

Studio 1	Studio 2	Studio RPM	Piscine
Yin Yoga 9h–9h45	CAF 9h–9h45		AquaGym 8h30–9h
			AquaTonic 9h15–9h45
Hatha Yoga 10h–10h45			AquaPower 10h–10h30
Gym posturale 11h–11h45			Aqua Vithal 10h30–12h30
CAF 12h30–13h15	Pilates 12h30–13h15	RPM 12h30–13h15	AquaBike 12h30–13h
			Aqua Vithal 13h15–15h
			Association 15h–15h30
			Association 15h30–16h
			Aqua Vithal 16h–17h30
Stretch 17h30–18h15			AquaTonic 17h30–18h
Body Attack 18h30–19h15	Ashtanga Yoga 18h30–19h15	RPM 18h30–19h15	AquaBike 18h15–18h45
			AquaBike 19h–19h30
Body Pump 19h30–20h15	Body Balance 19h30–20h15		AquaFit 19h45–20h15

Mardi

Studio 1	Studio 2	Studio RPM	Piscine
Hatha Yoga 9h–9h45	Pilates 9h–9h45		AquaGym 8h30–9h
			AquaTonic 9h15–9h45
Stretch 10h–10h45			AquaBike 10h–10h30
CAF 11h–11h45			Aqua Vithal 10h30–12h
			AquaFit 12h–12h30
Body Pump 12h30–13h15	Body Balance 12h30–13h15		AquaBike 12h30–13h
			Aqua Vithal 13h–15h
			Association 15h–15h30
			Aqua Vithal 15h30–18h15
Pilates 17h30–18h15			
CAF 18h30–19h15	Yoga stretch 18h30–19h15		AquaTonic 18h15–18h45
			AquaBike 19h–19h30
STEP 19h30–20h15	Pilates 19h30–20h15	RPM 19h30–20h30	AquaBike 19h45–20h15

Mercredi

Studio 1	Studio 2	Studio RPM	Piscine
Vithal Ball 9h–9h45	Pilates 9h–9h45		AquaGym 8h30–9h
			AquaTonic 9h15–9h45
Yoga stretch 10h–10h45			AquaPower 10h–10h30
Gym douce 11h–11h45			Aqua Vithal 10h30–12h
			AquaBike 12h–12h30
CAF 12h30–13h15		RPM 12h30–13h15	AquaFit 12h30–13h
			Aqua Vithal 13h–15h
			Cours de natation collectif 15h–15h45
			Cours de natation collectif 16h–16h45
CAF 17h30–18h15			Aqua Vithal 16h45–18h15
STEP 18h30–19h15	Pilates 18h30–19h15		AquaBike 18h15–18h45
			AquaBike 19h–19h30
Body Balance 19h30–20h15		RPM 19h30–20h15	AquaFit 19h45–20h15

Jeudi

Studio 1	Studio 2	Studio RPM	Piscine
Gym posturale 9h–9h45			AquaGym 8h30–9h
			AquaTonic 9h15–9h45
Hatha Yoga 10h–11h			AquaBike 10h–10h30
	CAF 11h–11h45		Aqua Vithal 10h30–12h
			AquaFit 12h–12h30
STEP 12h30–13h15	Body Balance 12h30–13h15		AquaBike 12h30–13h
			Aqua Vithal 13h–15h30
			Association 15h30–16h
			Aqua Vithal 16h–18h15
Pilates 17h30–18h15	Yin Yoga 17h30–18h15		AquaTonic 18h15–18h45
Body Pump 18h30–19h15	Vinyasa Yoga 18h30–19h15		AquaBike 19h–19h30
Body Attack 19h30–20h15		RPM 19h30–20h30	AquaBike 19h45–20h15

Vendredi

Studio 1	Studio 2	Studio RPM	Piscine
			AquaGym 8h30–9h
			AquaTonic 9h15–9h45
Gym douce 10h–10h45			AquaPower 10h–10h30
Stretch 11h–11h45			Aqua Vithal 10h30–12h30
Vithal Ball 12h30–13h15	Pilates 12h30–13h15	RPM 12h30–13h15	AquaBike 12h30–13h
			Aqua Vithal 13h–14h30
			Association 14h30–15h
			Association 15h–15h30
			Aqua Vithal 15h30–17h30
CAF 17h30–18h15			AquaBike 17h30–18h
Cours du mois 18h30–19h15	Hatha Yoga 18h30–19h30	RPM 18h30–19h15	AquaBike 18h15–18h45
			AquaFit 19h–19h30

Samedi

Studio 1	Studio 2	Studio RPM	Piscine
PLANNING VARIABLE consultable sur l'application Deci+			
			Aqua Vithal 11h15–17h45

- Cours fitness
- Cours bien-être
- Cours santé
- Cours en piscine
- Piscine libre

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