Planning janvier 2026 • Cours collectifs

Vithalia

Lundi

Studio 1

- Céline — YIN YOGA — 9:00 - 9:45
- Julien — PILÂTES — 10:00 - 10:45
- Camille — HATHA YOGA — 11:00 - 11:45
- Céline — PILÂTES — 12:30 - 13:15
- Anthony — STRETCH — 17:30 - 18:15
- Camille — ASHTANGA YOGA — 18:30 - 19:15
- Romain — BODYBALANCE — 19:30 - 20:15

Studio RPM

- Julien — RPM — 12:30 - 13:15
- Romain — RPM — 18:30 - 19:15

Studio 3

- Anthony — CAF — 9:00 - 9:45
- Céline — HATHA YOGA — 10:00 - 10:45
- Céline — GYM POSTURALE — 11:00 - 11:45
- Romain — CORE — 12:30 - 13:15
- Camille — HATHA YOGA — 17:30 - 18:15
- Anthony — BODYATTACK — 18:30 - 19:15
- Anthony — BODYPUMP — 19:30 - 20:15

Piscine

- Julien — AQUA'GYM — 8:30 - 9:00
- Julien — AQUA'TONIC — 9:15 - 9:45
- Anthony — AQUA'POWER — 10:00 - 10:30
- Romain — ASSO RDMC — 10:45 - 11:15
- AQUA'VITHAL — 11:15 - 12:00
- Anthony — AQUA'BIKE — 12:00 - 12:30
- Anthony — AQUA'BIKE — 12:30 - 13:00
- AQUA'VITHAL — 13:00 - 17:30
- Romain — AQUA'BIKE — 17:30 - 18:00
- Julien — AQUA'BIKE — 18:15 - 18:45
- Julien — AQUA'TONIC — 19:00 - 19:30
- Julien — AQUA'FIT — 19:45 - 20:15

Mardi

Studio 1

- Anthony — PILÂTES — 9:00 - 9:45
- Julien — YOGA — 10:00 - 10:45
- Céline — SPORT SANTÉ — 11:00 - 11:45
- Romain — Shapes — 12:30 - 13:15
- Céline — YOGA — 17:30 - 18:15
- Céline — YOGA STRETCH — 18:30 - 19:15
- Céline — PILÂTES — 19:30 - 20:15

Studio RPM

Studio 3

Piscine

- Julien — AQUA'GYM — 8:30 - 9:00
- Julien — AQUA'TONIC — 9:15 - 9:45
- Céline — GYM DOUCE — 9:00 - 9:45
- Céline — STRETCH — 10:00 - 10:45
- Anthony — CAF — 11:00 - 11:45
- Romain — AQUA'BIKE — 10:00 - 10:30
- Romain — ASSO RDMC — 10:45 - 11:15
- AQUA'VITHAL — 11:15 - 12:00
- Anthony — AQUA'BIKE — 12:00 - 12:30
- Julien — BODYPUMP — 12:30 - 13:15
- Anthony — AQUA'BIKE — 12:30 - 13:00
- KINÉ — 13:30 - 14:30
- AQUA'VITHAL — 14:30 - 18:15
- Julien — BODY JAM — 17:30 - 18:15
- Julien — CAF — 18:30 - 19:15
- Julien — CIRCUIT TRAINING — 19:30 - 20:15
- Romain — AQUA'TONIC — 18:15 - 18:45
- Romain — AQUA'BIKE — 19:00 - 19:30
- Romain — AQUA'BIKE — 19:45 - 20:15

Mercredi

Studio 1

- Céline — VITHAL BALL — 9:00 - 9:45
- Anthony — RPM — 11:00 - 11:45
- Anthony — PILÂTES — 12:30 - 13:15
- Romain — Shapes — 18:30 - 19:15
- Céline — PILÂTES — 19:30 - 20:15

Studio RPM

- Romain — BODYBALANCE — 9:00 - 9:45
- Romain — CORE — 12:30 - 13:15
- Anthony — CAF — 17:30 - 18:15
- Julien — BODY JAM — 18:30 - 19:15
- Anthony — STEP — 19:30 - 20:15

Studio 3

- Céline — YOGA STRETCH — 10:00 - 10:45
- Céline — GYM POSTURALE — 11:00 - 11:45
- Julien — NATATION — 16:30 - 17:00
- Julien — CIRCUIT TRAINING — 19:30 - 20:15

Piscine

- Julien — AQUA'GYM — 8:30 - 9:00
- Julien — AQUA'TONIC — 9:15 - 9:45
- Romain — AQUA'POWER — 10:00 - 10:30
- KINÉ — 10:45 - 11:45
- Julien — AQUA'BIKE — 12:00 - 12:30
- Julien — AQUA'FIT — 12:30 - 13:00
- AQUA'VITHAL — 13:00 - 16:30
- Julien — AQUA'BIKE — 17:30 - 18:00
- Céline — AQUA'BIKE — 18:15 - 18:45
- Céline — AQUA'TONIC — 19:00 - 19:30
- Céline — AQUA'FIT — 19:45 - 20:15

Jeudi

Studio 1

- Anthony — PILÂTES — 9:00 - 9:45
- Céline — STRETCH — 10:00 - 10:45
- Céline — SPORT SANTÉ — 11:00 - 11:45
- Romain — BODYBALANCE — 12:30 - 13:15
- Céline — YIN YOGA — 17:30 - 18:15
- Céline — HATHA YOGA — 18:30 - 19:15
- Céline — PILÂTES — 19:30 - 20:15

Studio RPM

- Romain — RPM — 7:00 - 7:45

Studio 3

Piscine

- Julien — AQUA'GYM — 8:30 - 9:00
- Julien — AQUA'TONIC — 9:15 - 9:45
- Julien — AQUA'BIKE — 10:00 - 10:30
- KINÉ — 10:45 - 11:45
- Céline — AQUA'BIKE — 12:00 - 12:30
- Céline — AQUA'BIKE — 12:30 - 13:00
- AQUA'VITHAL — 13:00 - 16:00
- Céline — ASSO MLMRT — 16:00 - 16:30
- AQUA'VITHAL — 16:30 - 18:15
- Anthony — AQUA'TONIC — 18:15 - 18:45
- Anthony — AQUA'BIKE — 19:00 - 19:30
- Anthony — AQUA'BIKE — 19:45 - 20:15

Vendredi

Studio 1

- Céline — VITHAL BALL — 12:30 - 13:15
- Julien — PILÂTES — 17:30 - 18:15
- Antoine — HATHA YOGA — 18:30 - 19:30

Studio RPM

- Julien — RPM — 12:30 - 13:15
- Anthony — RPM — 18:30 - 19:15

Studio 3

- Anthony — PILÂTES — 10:00 - 10:45
- Anthony — PILÂTES — 12:30 - 13:15
- Anthony — BODYPUMP — 18:30 - 19:15

Piscine

- Julien — AQUA'GYM — 8:30 - 9:00
- Julien — AQUA'TONIC — 9:15 - 9:45
- Céline — YOGA — 9:00 - 9:45
- Julien — AQUA'POWER — 10:00 - 10:30
- Céline — GYM POSTURALE — 10:00 - 10:45
- Anthony — STRETCH — 11:00 - 11:45
- AQUA'VITHAL — 10:30 - 12:00
- Romain — AQUA'BIKE — 12:00 - 12:30
- Romain — AQUA'FIT — 12:30 - 13:00
- AQUA'VITHAL — 13:15 - 15:00
- Céline — ASSO MLMRT — 15:00 - 15:30
- Céline — ASSO RDMC — 15:45 - 16:15
- Céline — ASSO MLMRT — 16:30 - 17:00
- Romain — CORE — 17:30 - 18:15
- Céline — AQUA'BIKE — 17:30 - 18:00
- Romain — AQUA'BIKE — 18:15 - 18:45

Samedi

Studios

Piscine

PLANNING VARIABLE
consultable sur l'application Deci+

AQUA'VITHAL — 11:15 - 17:45

Cours fitness · Cours bien-être · Cours santé · Kinésithérapeute
Cours en piscine · Associations · Natation · Piscine libre

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