Planning septembre 2026 • Cours collectifs

Vithalia

Lundi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Céline — Vithal Ball — 9h–9h45
- Céline — Gym Posturale — 10h–10h45
- Anthony — CAF — 9h–9h45
- Julien — AquaGym — 8h30–9h
- Julien — AquaTonic — 9h15–9h45
- Céline — Pilates — 10h–10h45
- Anthony — AquaPower — 10h–10h30
- Camille — Hatha Yoga — 11h–11h45
- Romain — Asso RDMC — 10h45–11h15
- Aqua Vithal — 11h15–12h
- Céline — AquaBike — 12h–12h30
- Julien — RPM — 12h30–13h15
- Romain — CORE — 12h30–13h15
- Anthony — AquaBike — 12h30–13h
- Aqua Vithal — 13h–17h30
- Camille — Hatha Yoga — 17h30–18h15
- Anthony — AquaBike — 17h30–18h
- Julien — AquaBike — 18h15–18h45
- Camille — Ashtanga Yoga — 18h30–19h15
- Romain — RPM — 18h30–19h15
- Anthony — STEP — 18h30–19h15
- Julien — AquaTonic — 19h–19h30
- Romain — BODYBALANCE — 19h30–20h15
- Anthony — BODYPUMP — 19h30–20h15
- Julien — AquaFit — 19h45–20h15

Mardi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Anthony — Pilates — 9h–9h45
- Julien — Yoga — 10h–10h45
- Céline — Sport Santé — 11h–11h45
- Julien — AquaGym — 8h30–9h
- Céline — Gym Douce — 9h–9h45
- Julien — AquaTonic — 9h15–9h45
- Céline — Stretch — 10h–10h45
- Romain — AquaBike — 10h–10h30
- Anthony — CAF — 11h–11h45
- Romain — Asso RDMC — 10h45–11h15
- Aqua Vithal — 11h15–12h
- Anthony — AquaBike — 12h–12h30
- Romain — Shapes — 12h30–13h15
- Julien — BODYPUMP — 12h30–13h15
- Anthony — AquaBike — 12h30–13h
- Kiné — 13h30–14h30
- Aqua Vithal — 14h30–18h15
- Julien — Body Jam — 17h30–18h15
- Romain — BODYBALANCE — 18h30–19h15
- Julien — CAF — 18h30–19h15
- Céline — AquaTonic — 18h30–19h
- Céline — AquaBike — 1915h–19h45
- Romain — Pilates — 19h30–20h15
- Julien — Circuit Training — 19h30–20h15

Mercredi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Céline — Yoga — 9h–9h45
- Julien — AquaGym — 8h30–9h
- Romain — Pilates — 9h–9h45
- Julien — AquaTonic — 9h15–9h45
- Céline — Gym Posturale — 10h–10h45
- Romain — AquaPower — 10h–10h30
- Anthony — RPM — 11h–11h45
- Céline — Yoga Stretch — 11h–11h45
- Kiné — 10h45–11h45
- Julien — AquaBike — 12h–12h30
- Romain — CORE — 12h30–13h15
- Julien — AquaFit — 12h30–13h
- Aqua Vithal — 13h–16h30
- Julien — Natation — 16h30–17h
- Anthony — CAF — 17h30–18h15
- Julien — AquaBike — 17h30–18h
- Céline — AquaBike — 18h15–18h45
- Julien — Body Jam — 18h30–19h15
- Céline — AquaTonic — 19h–19h30
- Anthony — Pilates — 12h30–13h15
- Romain — Shapes — 18h30–19h15
- Julien — Pilates — 19h30–20h15
- Romain — RPM — 19h30–20h15
- Anthony — BODYATTACK — 19h30–20h15

Jeudi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Romain — RPM — 7h–7h45
- Anthony — Pilates — 9h–9h45
- Julien — AquaGym — 8h30–9h
- Céline — Gym Douce — 9h–9h45
- Julien — AquaTonic — 9h15–9h45
- Céline — Stretch — 10h–10h45
- Antoine — Hatha Yoga — 10h–11h
- Julien — AquaBike — 10h–10h30
- Céline — Sport Santé — 11h–11h45
- Anthony — CAF — 11h–11h45
- Kiné — 10h45–11h45
- Céline — AquaBike — 12h–12h30
- Romain — BODYBALANCE — 12h30–13h15
- Anthony — BODYPUMP — 12h30–13h15
- Céline — AquaBike — 12h30–13h
- Aqua Vithal — 13h–16h
- Céline — Asso RDMC — 16h–16h30
- Aqua Vithal — 16h30–18h15
- Julien — Pilates — 17h30–18h15
- Céline — Pilates — 18h30–19h15
- Julien — BODYPUMP — 18h30–19h15
- Anthony — AquaBike — 18h30–19h
- Anthony — AquaBike — 19h15–19h45
- Céline — Hatha Yoga — 19h30–20h15
- Julien — Circuit Training — 19h30–20h15

Vendredi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Anthony — Pilates — 10h–10h45
- Céline — Yoga — 9h–9h45
- Julien — AquaTonic — 9h15–9h45
- Céline — Gym Posturale — 10h–10h45
- Julien — AquaPower — 10h–10h30
- Anthony — Stretch — 11h–11h45
- Aqua Vithal — 10h30–12h
- Romain — AquaBike — 12h–12h30
- Julien — RPM — 12h30–13h15
- Anthony — Pilates — 12h30–13h15
- Romain — AquaFit — 12h45–13h15
- Aqua Vithal — 13h15–15h
- Céline — Asso MALEMORT — 15h–15h30
- Céline — Asso RDMC — 15h45–16h15
- Céline — Asso MALEMORT — 16h30–17h
- Romain — Shapes — 17h30–18h15
- Céline — AquaBike — 17h30–18h
- Anthony — RPM — 18h30–19h15
- Antoine — Hatha Yoga — 18h30–19h30
- Romain — AquaBike — 18h15–18h45

Samedi

Studio 1 | Studio RPM | Studio 3 | Piscine

- Aqua Vithal — 11h15–17h45

PLANNING VARIABLE
consultable sur l'application Deci+

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