



PLANNING COURS AQUATIQUES

LUNDI	
09:00	AQUA SCULPT 30'
09:30	AQUA TOTAL 45'
10:30	AQUA BIKE* 30'
12:30	AQUA TOTAL 45'
15:00	AQUA RYTHMO 30'
17:30	AQUA RYTHMO 30'
18:00	AQUA GYM 30'
18:30	AQUA SCULPT 30'
19:00	AQUA PILATES 30'
19:45	AQUA BIKE* 30'

MARDI	
09:00	AQUA BIKE* 30'
09:45	AQUA TOTAL 45'
10:30	AQUA GYM 30'
11:00	AQUA RYTHMO 30'
12:30	AQUA RYTHMO 30'
13:15	AQUA BIKE* 30'
14:00	AQUA MATERNELLE* 60'
15:00	AQUA TOTAL 45'
17:30	AQUA TRAINING 30'
18:00	AQUA GYM 30'
18:30	AQUA BOXE 30'
19:15	CARDIO SLIM* 30'

MERCREDI	
09:00	AQUA RYTHMO 30'
09:30	AQUA GYM 30'
10:15	AQUA PILATES 30'
10:45	AQUA TRAINING 30'
12:30	AQUA TOTAL 45'
13:30 - 16:30	NATATION* 30'
17:15	AQUA BIKE* 30'
18:15	AQUA SCULPT 30'
18:45	AQUA TOTAL 45'
19:30	AQUA GYM 30'

JEUDI	
09:00	AQUA PILATES 30'
09:30	AQUA RYTHMO 30'
10:15	AQUA GYM 30'
10:45	AQUA SCULPT 30'
12:30	AQUA TOTAL 45'
15:00	AQUA TOTAL 45'
17:30	AQUA RYTHMO 30'
18:00	AQUA GYM 30'
18:30	AQUA SCULPT 30'
19:15	AQUA BIKE* 30'

VENDREDI	
09:00	AQUA GYM 30'
09:30	AQUA RYTHMO 30'
10:30	AQUA GYM 30'
11:00	AQUA SCULPT 30'
11:45	CARDIO SLIM* 30'
12:30	AQUA BIKE* 30'
13:15	AQUA SCULPT 30'
15:30	AQUA RYTHMO 30'
17:30	AQUA PILATES 30'
18:00	AQUA TRAINING 30'
18:45	AQUA BOXE 30'
19:15	AQUA GYM 30'

SAMEDI	
09:30	AQUA TOTAL 45'
10:15	AQUA SCULPT 30'
11:15	CARDIO SLIM* 30'
13:30 - 16:30	NATATION* 30'

DIMANCHE	
09:30	AQUA TOTAL 45'
10:15	AQUA SCULPT 30'
11:15	AQUA BIKE* 30'

maj 05/08/18-V1

\*Activités hors abonnement, renseignement à l'accueil



PLANNING MULTICLUB - COURS COLLECTIFS

LUNDI	
09:30	GYM ESSENTIELLE 45'
10:15	STRETCHING 45'
12:30	BODYPUMP 45'
14:00	GYM DOS 45'
17:30	PILATES 1 45'
18:15	TOTAL SILHOUETTE 45'
19:00	STEP/DANCE 1 45'
19:45	BODYPUMP 60'

TOURS GIRAUDEAU	
12:30	TOTAL SILHOUETTE 45'
18:00	CAF 45'
18:45	RPM 45'
19:30	BODYCOMBAT 60'

MARDI	
09:00	GYM DOS 45'
09:45	BODYPUMP 45'
10:30	PILATES 2 60'
12:30	TOTAL SILHOUETTE 45'
15:00	PILATES 1 45'
17:30	STRETCHING 45'
18:15	CAF 45'
19:00	STEP 2 45'
19:45	CX WORX 45'
20:30	BODYCOMBAT 60'

TOURS GIRAUDEAU	
12:30	TRAINING TIME 45'
18:00	BODYPUMP 45'
18:45	CAF 45'
19:30	MIX DANCE 45'

MERCREDI	
09:30	CAF 45'
10:15	STRETCHING 45'
12:30	YOGA DYNAMIQUE 60'
14:00	YOGA DYNAMIQUE 60'
17:15	GYM DOS 45'
18:00	CX WORX 45'
18:45	TOTAL SILHOUETTE 45'
19:30	PILATES 1 45'
20:15	BODYPUMP 60'

TOURS GIRAUDEAU	
12:30	BODYPUMP 45'
18:00	RPM 45'
19:00	BODYATTACK 45'
19:45	DANCE AERO 2 45'

JEUDI	
09:30	CX WORX 45'
10:15	PILATES 1 45'
12:15	PILATES 2 45'
13:00	STRETCHING 45'
14:00	GYM ESSENTIELLE 45'
14:45	GYM DOS 45'
17:30	YOGA DYNAMIQUE 60'
18:30	CAF 45'
19:15	MIX DANCE 45'
20:00	BODYCOMBAT 45'

TOURS GIRAUDEAU	
12:30	BODYCOMBAT 45'
18:00	PILATES 1 45'
18:45	BODYPUMP 45'
19:30	STEP/DANCE 1 45'

VENDREDI	
09:30	MIX DANCE 45'
10:30	PILATES 2 60'
12:30	CX WORX 45'
14:30	STRETCHING 45'
17:30	TOTAL SILHOUETTE 45'
18:15	STRETCHING 45'
19:00	MIX DANCE 45'
19:45	YOGA DYNAMIQUE 60'

TOURS GIRAUDEAU	
12:30	BODYATTACK 45'
18:00	BODYCOMBAT 45'
18:45	STEP 2 45'
19:30	BODYPUMP 45'

SAMEDI	
09:30	TOTAL SILHOUETTE 45'
10:15	STRETCHING 45'
11:00	BODYPUMP 60'
14:00	PILATES 1 45'
14:45	TOTAL SILHOUETTE 45'

TOURS GIRAUDEAU	
09:45	RPM 60'
10:45	PILATES 1 45'

**HORAIRE D'OUVERTURE**  
TOURS FEBVOTTE  
Lundi au Vendredi : 8h30-22h  
Samedi : 9h00-18h  
Dimanche : 9h-13h / 16h-19h

TOURS GIRAUDEAU  
Lundi au Vendredi : 9h30-21h30  
Samedi : 9h30-16h