



PLANNING COURS AQUATIQUES

LUNDI		
AQUA TIQUE	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		
AQUA TIQUE	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 MATERNITE* 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		
AQUA TIQUE	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'

VENDREDI		
AQUA TIQUE	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'
	18:45	AQUA BOXE 30'
	19:15	AQUA GYM 30'

JEUDI		
AQUA TIQUE	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'

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

DIMANCHE		
AQUA TIQUE	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		
TOURS FEBVOTTE	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		
TOURS FEBVOTTE	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		
TOURS FEBVOTTE	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		
TOURS FEBVOTTE	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		
TOURS FEBVOTTE	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		
TOURS FEBVOTTE	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'

HORAIRES D'OUVREURE	
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	