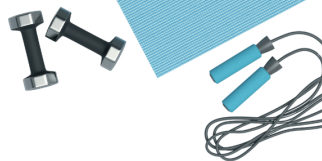


FITNESS



LUNDI

9.30	MOBILITY	45'
10.30	STRETCHING	45'
12.30	CAF	45'
17.15	FULL BODY	45'
18.00	PILATES	45'
18.45	BIKE	45'
19.30	BODYCOMBAT	45'

MARDI

9.30	CAF	45'
10.30	YOGA	45'
12.30	PILATES	45'
17.15	YOGA	45'
18.00	GYM DOS	45'
18.45	CAF	45'
19.30	CARDIO	45'

MERCREDI

9.30	BIKE	45'
10.30	MOBILITY	45'
12.30	CROSS TRAINING	45'
17.15	STRETCHING	45'
18.00	STEP	45'
18.45	FORCE	45'
19.30	PILATES	45'

JEUDI

9.30	FULL BODY	45'
10.30	PILATES	45'
12.30	FORCE	45'
17.30	BIKE	45'
18.30	BODYCOMBAT	45'
19.15	MOBILITY	45'

VENDEDI

9.30	FORCE	45'
10.30	GYM DOS	45'
12.30	FULL BODY	45'
17.30	CAF	45'
18.30	MIX DANCE	45'
19.15	YOGA	45'

SAMEDI

9.45	CAF	45'
10.30	STRETCHING	45'
11.15	YOGA	60'

* Activités sur réservation



AQUAFITNESS

LUNDI

9.30	AQUATOTAL	45'
10.30	AQUAGYM	45'
12.30	AQUATRaining	45'
13.30	AQUABIKE*	30'
14.30	AQUATOTAL	45'
17.15	AQUAGYM	45'
18.00	AQUATOTAL	45'
18.45	AQUATOTAL	45'
19.45	AQUABIKE*	30'

MARDI

9.30	AQUAGYM	45'
10.30	AQUATOTAL	45'
12.30	AQUABOXE	45'
14.30	AQUAPILATES	30'
17.00	AQUATOTAL	45'
18.00	AQUABIKE*	30'
18.45	AQUABOXE	45'
19.30	AQUATOTAL	45'

MERCREDI

9.30	AQUATOTAL	45'
10.30-12.00	NATATION*	90' **
12.30	AQUATOTAL	45'
14.30-16.00	NATATION*	90' **
17.15	AQUATOTAL	45'
18.15	AQUATRaining	45'
19.15	AQUATOTAL	45'

JEUDI

9.30	AQUAGYM	45'
10.30	AQUATOTAL	45'
12.30	AQUABIKE*	30'
14.30	AQUAGYM	45'
17.30	AQUABOXE	45'
18.15	AQUATOTAL	45'
19.00	AQUATOTAL	45'
20.00	AQUABIKE*	30'

VENDEDI

9.30	AQUATOTAL	45'
10.30	AQUAPILATES	30'
12.30	AQUATOTAL	45'
14.30	AQUATOTAL	45'
17.30	AQUATRaining	45'
18.30	AQUATOTAL	45'
19.30	AQUABIKE*	30'

SAMEDI

9.00	AQUATOTAL	45'
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* Activités hors abonnement & sur réservation

** Créneaux de 30 minutes