

Activités Fitness

Périodes scolaires

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15						FAC	STEP
10H15		STEP	STRETCHING	FAC	STRETCHING	LES MILLS BODYJAM	BODYSULPT
11H15						LES MILLS RPM	LES MILLS RPM
12H15	TOTAL ABDOS	TOTAL ABDOS	TOTAL ABDOS	TOTAL ABDOS	TOTAL ABDOS		
12H30	LES MILLS BODYPUMP	FAC LES MILLS RPM		BODYSULPT LES MILLS RPM	LES MILLS BODYPUMP		
17H30	LES MILLS BODYCOMBAT	STRETCHING	LES MILLS BODYPUMP	LES MILLS BODYJAM	STEP		
18H30	ZUMBA LES MILLS RPM	FAC	STEP LES MILLS RPM	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		
19H30	AERODANCE	LES MILLS BODYPUMP	LES MILLS BODYJAM	LES MILLS BODYPUMP	ZUMBA LES MILLS RPM		
20H30					STRETCHING		

Activités Aquafitness

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
8H15		AQUABALANCE			AQUAFIT	
9H00			BODYPALM			BODYPALM
9H15	AQUAFIT AQUABIKING	AQUABIKING		AQUAFORME AQUABIKING	AQUABIKING	11H30 AQUABIKING
12H30	AQUAFORME AQUABIKING	AQUAFIT AQUABIKING	AQUAFORME AQUABIKING	AQUAFIT AQUABIKING	AQUAFORME AQUABIKING	AQUABIKING
18H30	AQUABIKING	AQUABIKING	AQUABIKING	BODYPALM AQUABIKING	AQUABIKING	
18H45	AQUAFORME		AQUABOXING			
19H15	AQUABIKING	AQUABIKING	AQUABIKING	AQUABIKING	AQUABIKING	
19H45	AQUABOXING		AQUAFIT			

Vacances scolaires

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15						FAC	STEP
10H15		STEP	STRETCHING	FAC	STRETCHING	LES MILLS BODYJAM	BODYSULPT
11H15						LES MILLS RPM	LES MILLS RPM
12H15	TOTAL ABDOS	TOTAL ABDOS	TOTAL ABDOS	TOTAL ABDOS	TOTAL ABDOS		
12H30	LES MILLS BODYPUMP	LES MILLS RPM		LES MILLS RPM	LES MILLS BODYPUMP		
17H30	LES MILLS BODYCOMBAT	STRETCHING	LES MILLS BODYPUMP	LES MILLS BODYJAM	STEP		
18H30	ZUMBA	FAC	LES MILLS RPM	LES MILLS BODYCOMBAT	LES MILLS RPM		
19H30	AERODANCE	LES MILLS BODYPUMP	LES MILLS BODYJAM	LES MILLS BODYPUMP	ZUMBA		

♦ Activités Premium sur réservation



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H00			BODYPALM			BODYPALM
9H15	AQUAFIT AQUABIKING	AQUABALANCE AQUABIKING		AQUAFORME AQUABIKING	AQUAFIT AQUABIKING	11H30 AQUABIKING
12H30	AQUABIKING	AQUAFIT AQUABIKING	AQUABIKING	AQUAFIT AQUABIKING	AQUAFORME AQUABIKING	AQUABIKING
18H30	AQUABIKING	AQUABIKING	AQUABIKING	BODYPALM AQUABIKING	AQUABIKING	
18H45	AQUAFORME		AQUABOXING			
19H15	AQUABIKING	AQUABIKING	AQUABIKING	AQUABIKING	AQUABIKING	
19H45	AQUABOXING		AQUAFIT			