PLANNING

ESPACE AQUATONIC

Valable à partir du 31 août 2026

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:50	AQUA PILATES	AQUA GYM	AQUA DYNAMIC	AQUA BIKE			
09:10					AQUA BIKE		
09:30	AQUA GYM	AQUA BALANCE	AQUA PILATES	AQUA GYM		AQUA BIKE	
10:10	AQUA DYNAMIC	AQUA BIKE	AQUA GYM	AQUA DYNAMIC	AQUA GYM	AQUA GYM	AQUA BALANCE
10:50	AQUA BIKE		AQUA BIKE	AQUA BALANCE	AQUA DYNAMIC	AQUA DYNAMIC	AQUA GYM
11:00		AQUA GYM					
11:30						AQUA PILATES	AQUA DYNAMIC
12:10						AQUA COMBAT	AQUA BODY
12:20	AQUA GYM	AQUA BIKE		AQUA PILATES	AQUA BIKE		
12:30			AQUA BIKE				
12:50							AQUA BIKE
13:00	AQUA BIKE	AQUA GYM		AQUA DYNAMIC	AQUA COMBAT		
14:20		AQUA GYM*		AQUA PILATES*			
15:00	AQUA GYM	AQUA DYNAMIC		AQUA GYM	AQUA PILATES		
15:40		RELAIS AMICAL		RELAIS AMICAL			
16:20							
17:30		AQUA BODY		AQUA DYNAMIC			
17:50	AQUA GYM		AQUA GYM		AQUA BODY		
18:10		AQUA BIKE		AQUA BIKE			
18:30	AQUA COMBAT		AQUA DYNAMIC		AQUA COMBAT		
18:50				AQUA COMBAT			
19:10	AQUA DYNAMIC	AQUA GYM	AQUA BODY		AQUA BIKE		
19:30				AQUA BALANCE			
19:50	AQUA BIKE	AQUA DYNAMIC	AQUA BIKE				

** Hors périodes de vacances scolaires*

45'

TÉLÉCHARGER LE PLANNING

AQUATONIC
NANTES CARRÉ LAFAYETTE

PLANNING

ESPACE FITNESS

Valable à partir du 31 août 2026

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:40	ABDOS		LesMILLS RPM	CROSSTRAINING			
09:00		YOGA					
09:20	LesMILLS BODYPUMP		CAF	LesMILLS RPM	PILATES	CAF	
10:00				CAF		PILATES	
10:10			STRETCH				
10:20	PILATES	BODYCOMBAT			LesMILLS BODYPUMP		LesMILLS BODYPUMP
10:40				LesMILLS BODYBALANCE			
11:00						LesMILLS RPM	
11:10	CAF						
11:20							LesMILLS BODYBALANCE
11:30		ATELIER MÉDITATION			ABDOS		
12:00						STRETCH	
12:30	LesMILLS RPM	LesMILLS BODYPUMP	LesMILLS BODYBALANCE	BODYCOMBAT	PILATES		CROSSTRAINING
13:00							
14:00		PILATES*		LesMILLS * BODYBALANCE			
16:20				YOGA			
17:10		PILATES					
17:30				LesMILLS BODYPUMP			
17:40	CAF		CAF		LesMILLS BODYBALANCE		
18:10		LesMILLS RPM		PILATES			
18:20			LesMILLS RPM				
18:30	ZUMBA				LesMILLS RPM		
18:50		LesMILLS BODYPUMP					
19:00				ZUMBA			
19:20	STRETCH		BODYCOMBAT				
19:30					YOGA		
19:50				LesMILLS RPM			
20:00	CPG	LesMILLS BODYBALANCE					

** Hors périodes de vacances scolaires*

30′ 45′ 60′

TÉLÉCHARGER LE PLANNING

AQUATONIC
NANTES CARRÉ LAFAYETTE