



PLANNING

# ESPACE AQUATONIC

Valable à partir du 6 janvier 2025

|       | 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 |              |              |
| 16:20 |              |              |              | AQUA 5SENS    |              |              |              |
| 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' | 50'

TÉLÉCHARGER  
LE PLANNING



AQUATONIC

NANTES CARRÉ LAFAYETTE



PLANNING

# ESPACE FITNESS

Valable à partir du 6 janvier 2025

|       | LUNDI                 | MARDI                    | MERCREDI                 | JEUDI                     | VENDREDI                 | SAMEDI           | DIMANCHE                 |
|-------|-----------------------|--------------------------|--------------------------|---------------------------|--------------------------|------------------|--------------------------|
| 08:40 | ABDOS                 |                          |                          | CROSSTRAINING             | BODYCOMBAT               |                  |                          |
| 09:00 |                       | YOGA                     | CAF                      |                           |                          |                  |                          |
| 09:20 | LES MILLS<br>BODYPUMP |                          |                          | LES MILLS<br>RPM          | PILATES                  | CAF              |                          |
| 10:00 |                       |                          | STRETCH                  | CAF                       |                          | PILATES          |                          |
| 10:20 | PILATES               | BODYCOMBAT               |                          |                           | LES MILLS<br>BODYPUMP    |                  | LES MILLS<br>BODYPUMP    |
| 10:40 |                       |                          |                          | LES MILLS<br>BODYBALANCE  |                          |                  |                          |
| 11:00 |                       |                          | BODYCOMBAT               |                           |                          | LES MILLS<br>RPM |                          |
| 11:10 | CAF                   |                          |                          |                           |                          |                  |                          |
| 11:20 |                       |                          |                          |                           |                          |                  | LES MILLS<br>BODYBALANCE |
| 12:00 |                       |                          |                          |                           |                          | STRETCH          |                          |
| 12:30 | LES MILLS<br>RPM      | LES MILLS<br>BODYPUMP    | LES MILLS<br>BODYBALANCE | BODYCOMBAT                | PILATES                  |                  | CROSS TRAINING           |
| 13:00 |                       |                          |                          |                           |                          |                  | ABDOS                    |
| 14:00 |                       | PILATES*                 |                          | LES MILLS<br>BODYBALANCE* |                          |                  |                          |
| 16:30 |                       |                          |                          | YOGA                      |                          |                  |                          |
| 17:10 |                       | PILATES                  |                          |                           |                          |                  |                          |
| 17:40 | CAF                   |                          | CAF                      | LES MILLS<br>BODYPUMP     | LES MILLS<br>BODYBALANCE |                  |                          |
| 18:10 |                       | LES MILLS<br>RPM         |                          |                           |                          |                  |                          |
| 18:20 |                       |                          | LES MILLS<br>RPM         | PILATES                   |                          |                  |                          |
| 18:30 | ZUMBA                 |                          |                          |                           | LES MILLS<br>RPM         |                  |                          |
| 18:50 |                       | LES MILLS<br>BODYPUMP    |                          |                           |                          |                  |                          |
| 19:10 |                       |                          |                          | ZUMBA                     |                          |                  |                          |
| 19:20 | STRETCH               |                          | BODYCOMBAT               |                           |                          |                  |                          |
| 19:30 |                       |                          |                          |                           | YOGA                     |                  |                          |
| 20:00 | CPG                   | LES MILLS<br>BODYBALANCE |                          | LES MILLS<br>RPM          |                          |                  |                          |

\* Hors périodes de vacances scolaires

30' | 45' | 60'

TÉLÉCHARGER  
LE PLANNING

