



PLANNING

ESPACE AQUATONIC

Valable à partir du 1^{er} septembre 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							
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 1^{er} septembre 2025

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

* Hors périodes de vacances scolaires

30' | 45' | 60'

TÉLÉCHARGER
LE PLANNING



AQUATONIC
NANTES CARRE LAFAYETTE