



Espace Aquatonic

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:50	AQUABOXING	AQUADYNAMIC	AQUADYNAMIC	AQUABIKE			
09:10					AQUABIKE 45'	AQUABIKE 45'	
09:30	AQUAGYM	AQUABALANCE	AQUABODY	AQUAGYM			
10:10	AQUADYNAMIC	AQUABIKE 45'	AQUAGYM	AQUADYNAMIC	AQUAGYM	AQUAGYM	AQUABALANCE
10:50	AQUABIKE 45'		AQUABIKE 45'	AQUABALANCE	AQUADYNAMIC	AQUADYNAMIC	AQUAGYM
11:00		AQUAGYM					
11:30						AQUABODY	AQUADYNAMIC
12:10						AQUAGYM	AQUABODY
12:20	AQUAGYM	AQUABIKE		AQUABODY	AQUABIKE		
12:30			AQUABIKE 45'				
12:50							AQUABIKE 45'
13:00	AQUABIKE	AQUAGYM		AQUADYNAMIC	AQUABOXING		
14:20		AQUAGYM		AQUADYNAMIC			
15:00	AQUAGYM	AQUADYNAMIC		AQUAGYM	AQUABIKE		
17:30		AQUABODY		AQUADYNAMIC			
17:50	AQUAGYM		AQUAGYM		AQUABODY		
18:10		AQUABIKE 45'		AQUABIKE			
18:30	AQUABOXING		AQUADYNAMIC		AQUAGYM		
18:50				AQUABOXING			
19:10	AQUADYNAMIC	AQUAGYM	AQUABODY		AQUABIKE 45'		
19:30				AQUABALANCE			
19:50	AQUABIKE 45'	AQUADYNAMIC	AQUABIKE 45'				



AQUATONIC

PARCOURS • SPA • FORME

Espace Fitness

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:40	ABDOS 30'		RENFOS 30'	CROSS TRAINING 30'	CAF 30'		
09:00		YOGA 60'					
09:20	BODYPUMP 45'		CAF 45'	RPM 30'	PILATES 45'	CAF 30'	
10:00				CAF 30'		PILATES 45'	
10:10		CARDIO-RENFO 45'					
10:20	PILATES 45'		STRETCH 45'		BODYPUMP 60'		BODYPUMP 45'
10:40				BODYBALANCE 60'			
11:00					RPM 50'		
11:10	CAF 45'						CROSS TRAINING 30'
11:50							BODYBALANCE 60'
12:00						STRETCH 45'	
12:30	RPM 50'	BODYPUMP 45'	BODYBALANCE 45'	CAF 45'	PILATES 45'		
13:00							RPM 30'
14:00		PILATES 45'		BODYBALANCE 45'			
16:30				YOGA 60'			
17:20	RENFO 30'	PILATES 45'			RENFO 30'		
17:40			CAF 30'	BODYPUMP 30'			
18:00	CARDIO 30'				BODYBALANCE 45'		
18:10		RPM 30'					
18:20		CLUB RUN	RPM 50'	BODYBALANCE 30'			
18:40	ZUMBA 45'						
18h50		BODYPUMP 60'			RPM 50'		
19:00				PILATES 45'			
19:20	STRETCH 30'		CARDIO-RENFO 45'				
19:50				RPM 50'	YOGA 60'		
20:00	BODYPUMP 45'	BODYBALANCE 45'					
20:10			CROSS TRAINING 30'				