



PLANNING

# ESPACE AQUATONIC

Valable à partir du 4 septembre 2023

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:50	AQUA PILATES	AQUA GYM	AQUA DYNAMIC	AQUA BODYBIKE			
09:10					AQUA BODYBIKE	AQUA BODYBIKE	
09:30	AQUA GYM	AQUA BALANCE	AQUA PILATES	AQUA GYM			
10:10	AQUA DYNAMIC	AQUA BODYBIKE	AQUA GYM	AQUA DYNAMIC	AQUA GYM	AQUA GYM	AQUA BALANCE
10:50	AQUA BODYBIKE		AQUA BODYBIKE	AQUA BALANCE	AQUA DYNAMIC	AQUA DYNAMIC	AQUA GYM
11:00		AQUA GYM					
11:30						AQUA PILATES	AQUA DYNAMIC
12:10						AQUA GYM	AQUA BODY
12:20	AQUA GYM	AQUA BODYBIKE		AQUA PILATES	AQUA BODYBIKE		
12:30			AQUA BODYBIKE				
12:50							AQUA BODYBIKE
13:00	AQUA BODYBIKE	AQUA GYM		AQUA DYNAMIC	AQUA BOXING		
14:20		AQUA GYM*		AQUA PILATES*			
15:00	AQUA GYM	AQUA DYNAMIC		AQUA GYM	AQUA PILATES		
16:20		AQUA SSENS					
17:30		AQUA BODY		AQUA DYNAMIC			
17:50	AQUA GYM		AQUA GYM		AQUA BODY		
18:10		AQUA BODYBIKE		AQUA BODYBIKE			
18:30	AQUA BOXING		AQUA DYNAMIC		AQUA GYM		
18:50				AQUA BOXING			
19:10	AQUA DYNAMIC	AQUA GYM	AQUA BODY		AQUA BODYBIKE		
19:30				AQUA BALANCE			
19:50	AQUA BODYBIKE	AQUA DYNAMIC	AQUA BODYBIKE				

\* Hors périodes de vacances scolaires

TÉLÉCHARGER  
LE PLANNING



45' | 50' |





PLANNING

# ESPACE FITNESS

Valable à partir du 4 septembre 2023

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

\* Hors périodes de vacances scolaires

30' | 45' | 50' | 60'

TÉLÉCHARGER  
LE PLANNING

