



PLANNING

# ESPACE AQUATONIC

Valable à partir du 2 septembre 2024

	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 BODYBIKE				
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 2 septembre 2024

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:40	ABDOS		CPG	CROSS TRAINING	CAF		
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						
11:20							LES MILLS BODYBALANCE
12:00						STRETCH	
12:30	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS CORE	PILATES		CROSS TRAINING
13:00							LES MILLS CORE
14:00		PILATES*		LES MILLS BODYBALANCE*			
16:30				YOGA			
17:10		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 BODYBALANCE					
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' | 60'

TÉLÉCHARGER  
LE PLANNING

