PLANNING

ESPACE AQUATONIC

Valable à partir du 14 septembre 2026.

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:15 - 10:00	AQUA BIKE						
10:10 - 10:40	AQUA GYM						
09:30 - 10:15		AQUA GYM	AQUA BIKE	AQUA GYM	AQUA FITNESS	AQUA BIKE	AQUA GYM
10:45 - 11:15	AQUA PILATES						
10:30 - 11:00		AQUA FITNESS	AQUA GYM	AQUA BIKE	AQUA BOXING	AQUA ABDOS	AQUA FITNESS
11:10 - 11:40		AQUA BIKE	CIRCUIT TRAINING AQUA	AQUA WORK	AQUA SCULPT	AQUA BOXING	AQUA BIKE
11:20 - 11:50	AQUA GYM						
11:50 - 12:20			AQUA GYM				
11:50 - 12:35						AQUA GYM	AQUA SCULPT
12:00 - 13:00					AQUA ZEN		
13:00 - 13:30					AQUA BIKE		
12:50 - 13:35	AQUA SCULPT	AQUA GYM	AQUA FITNESS AQUA BOXING	AQUA GYM			
13:45 - 14:30	NAGE	NAGE	NAGE	NAGE			
14:30 - 15:15							NAGE
16:45 - 17:30		NAGE		NAGE			
17:10 - 17:40	AQUA SCULPT		AQUA BOXING		AQUA WORK		
17:45 - 18:30	AQUA BIKE AQUA BOXING	AQUA BIKE	AQUA GYM	AQUA FITNESS AQUA BOXING	AQUA GYM		
18:40 - 19:10	AQUA WORK		AQUA BIKE	AQUA PILATES	AQUA FITNESS		
18:45 - 19:30		AQUA GYM					
19:20 - 19:50	AQUA BIKE		AQUA SCULPT	AQUA GYM	AQUA BIKE		
19:45 - 20:30		AQUA FITNESS AQUA BOXING					
20:00 - 20:30	NAGE		NAGE	AQUA BIKE	NAGE		

TÉLÉCHARGER LE PLANNING

AQUATONIC

EAU • SPORT • SPA

PLANNING

ESPACE FITNESS

Valable à partir du 14 septembre 2026.

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:15	STRETCH	BODY SCULPT	CAF	STRETCH	LesMills BODYBALANCE	STRETCH	LesMills BODYBALANCE
10:30 - 11:15	CIRCUIT TRAINING	LesMills BODYBALANCE	PILATES	BODY SCULPT	CAF	PILATES	CIRCUIT TRAINING
12:00 - 12:45							LesMills RPM
12:00 - 13:00						LesMills BODYPUMP	
12:15 - 13:00	CAF		BODY SCULPT	PILATES	CIRCUIT TRAINING		
12:15 - 13:15		YOGA					
14:00 - 16:00							
16:15 - 17:15				YOGA			
17:00 - 17:30	FLASH ABDO		FLASH ABDO				
17:00 - 17:45					STRETCH		
17:30 - 18:15	BODY SCULPT	CAF	LesMills BODYBALANCE	PILATES			
18:00 - 18:45					CAF		
18:30 - 19:15	LesMills RPM	CIRCUIT TRAINING	LesMills BODYPUMP	CIRCUIT TRAINING / LesMills RPM			
18:45 - 19:30							
19:00 - 20:30					YOGA VINYASA YOGA NIDRA 1H30		
19:30 - 20:00			FLASH RPM				
19:30 - 20:15	STRETCH	LesMills RPM		BODY SCULPT			

TÉLÉCHARGER LE PLANNING

AQUATONIC

EAU • SPORT • SPA