



PLANNING

ESPACE FITNESS

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

TÉLÉCHARGER
LE PLANNING



AQUATONIC

EAU • SPORT • SPA



PLANNING

ESPACE AQUATONIC

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

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