



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>	LES MILLS BODYBALANCE	<i>STRETCH</i>	LES MILLS BODYBALANCE
10:30 - 11:15	<i>CIRCUIT TRAINING</i>	LES MILLS BODYBALANCE	<i>PILATES</i>	<i>BODY SCULPT</i>	<i>CAF</i>	<i>PILATES</i>	<i>CIRCUIT TRAINING</i>
12:00 - 12:45							LES MILLS RPM
12:00 - 13:00						LES MILLS BODYPUMP	
12:15 - 13:00	<i>CAF</i>		<i>BODY SCULPT</i>	LES MILLS RPM	<i>CIRCUIT TRAINING</i>		
12:15 - 13:15		YOGA					
14:00 - 16:00							
16:30 - 17:30				YOGA			
17:00 - 17:30	<i>FLASH ABDO</i>	<i>FLASH BODYBALANCE</i>	<i>FLASH ABDO</i>				
17:00 - 17:45					<i>STRETCH</i>		
17:30 - 18:15	<i>BODY SCULPT</i>	<i>CAF</i>	LES MILLS BODYBALANCE				
17:50 - 18:35				<i>STEP</i>			
18:00 - 18:45					<i>CAF</i>		
18:30 - 19:15	LES MILLS RPM	<i>CIRCUIT TRAINING</i>	LES MILLS BODYPUMP				
18:45 - 19:30				<i>BODY SCULPT</i>			
19:00 - 20:30					<i>YOGA VINYASA YOGA NIDRA</i>		
19:30 - 20:00			<i>FLASH RPM</i>				
19:30 - 20:15	<i>STRETCH</i>	LES MILLS RPM					
19:45 - 20:30				<i>AEROBOXE</i>			

TÉLÉCHARGER
LE PLANNING



AQUATONIC

PARCOURS • SPA • FORME



PLANNING

ESPACE AQUATONIC

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:15	AQUA BIKE	AQUA GYM	AQUA BIKE	AQUA GYM	AQUA FITNESS	AQUA BIKE	AQUA GYM
10:30 - 11:00	AQUA GYM	AQUA FITNESS	AQUA GYM	AQUA BIKE	AQUA BOXING	AQUA ABDOS	AQUA FITNESS
11:10 - 11:40	AQUA PILATES	AQUA BIKE	CIRCUIT TRAINING AQUA	AQUA ABDOS	AQUA SCULPT	AQUA BOXING	AQUA BIKE
11:50 - 12:35						AQUA GYM	AQUA SCULPT
12:50 - 13:35	AQUA SCULPT	AQUA GYM	AQUA FITNESS AQUA BOXING	AQUA GYM	AQUA BIKE		
13:45 - 14:30	NAGE	NAGE	NAGE	NAGE	NAGE		
14:30 - 15:15							NAGE
16:45 - 17:30		NAGE		NAGE			
17:10 - 17:40	AQUA SCULPT		AQUA FITNESS		AQUA ABDOS		
17:45 - 18:30	AQUA BOXING	AQUA BIKE	AQUA GYM	AQUA FITNESS	AQUA GYM		
18:40 - 19:10	AQUA GYM		AQUA BIKE	AQUA PILATES	AQUA FITNESS		
18:45 - 19:30		AQUA GYM					
19:20 - 19h50	AQUA BIKE		AQUA SCULPT	AQUA BOXING	AQUA BIKE		
19:45 - 20h30		AQUA FITNESS AQUA BOXING					
20:00 - 20:30	NAGE		NAGE	AQUA BIKE	NAGE		

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