



PLANNING

ESPACE FITNESS

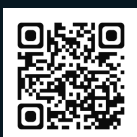
Valable à partir du 31 août 2026

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
8:45	SPÉCIAL RENFO	YOGA					
9:00			STRETCH	PILATES	STRETCH		
9:15						LES MILLS BODYPUMP	PILATES
9:30	LES MILLS RPM						
9:45		LES MILLS BODYPUMP					
10:00			CAF	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		
10:15							LES MILLS BODYATTACK
10:30						LES MILLS RPM	
11:00	PILATES	LES MILLS BODYBALANCE	STRETCH				
11:15					PILATES		
11:30						PILATES	LES MILLS BODYBALANCE
12:30	LES MILLS BODYPUMP	CROSS TRAINING	LES MILLS RPM	SPÉCIAL RENFO	LES MILLS Shapes		
13:00					LES MILLS RPM		
14:00	LES MILLS BODYBALANCE				LES MILLS BODYBALANCE		
17:00				PILATES	YOGA		
17:30	YOGA	LES MILLS RPM					
17:45				LES MILLS Shapes			
18:00			LES MILLS BODYJAM		LES MILLS BODYATTACK		
18:30	SPÉCIAL RENFO	LES MILLS Shapes	LES MILLS BODYATTACK	LES MILLS BODYPUMP			
18:45					SPÉCIAL RENFO		
19:15		LES MILLS BODYPUMP					
19:30	LES MILLS RPM		LES MILLS BODYBALANCE	LES MILLS BODYJAM			

Renforcement musculaire : Pilates, Spécial Renfo, CAF, BodyPump, BodyJam Danse : BodyJam
 Bien-Être : Yoga, BodyBalance, Stretch Cardio : BodyAttack, RPM, Cross Training

30' | 45' | 60'

TÉLÉCHARGER
LE PLANNING



AQUATONIC

RENNES SAINT-GRÉGOIRE



PLANNING

ESPACE AQUATONIC

Valable à partir du 31 août 2026.

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:45	AQUA WORK	AQUA BODYBIKE	AQUA DYNAMIC	AQUA BODYBIKE	AQUA BODYBIKE		
09:15						AQUA BODYBIKE	AQUA TONUS
09:30	AQUA GYM	AQUA WORK	AQUA GYM	AQUA DYNAMIC	AQUA TONUS		
10:10	AQUA BOXING	AQUA DYNAMIC	AQUA TONUS	AQUA WORK	AQUA GYM	AQUA GYM	AQUA GYM
10:50	AQUA PILATES	AQUA GYM	AQUA GYM	AQUA GYM	AQUA BOXING	AQUA WORK	AQUA DYNAMIC
11:30	AQUA TONUS	AQUA TONUS	UTL	AQUA PILATES	AQUA DYNAMIC	AQUA GYM	AQUA WORK
12:00					UTL		
12:15	AQUA BODYBIKE	AQUA GYM					AQUA GYM
12:30			AQUA BODYBIKE	AQUA BOXING	AQUA WORK		
12:45		AQUA DYNAMIC					
13:00	AQUA DYNAMIC						
15:00	AQUA WORK *	AQUA GYM *		AQUA DYNAMIC	AQUA PILATES *		
15:30	UTL	UTL		UTL			
17:00	AQUA DYNAMIC	AQUA DYNAMIC	AQUA TONUS	AQUA GYM	AQUA TONUS		
17:40	AQUA GYM	AQUA BOXING	AQUA GYM	AQUA WORK	AQUA GYM		
18:20	AQUA PILATES	AQUA DYNAMIC	AQUA WORK	AQUA DYNAMIC	AQUA WORK		
19:00	AQUA TONUS	AQUA GYM	AQUA DYNAMIC	AQUA BOXING	AQUA DYNAMIC		
19:45	AQUA BODYBIKE	AQUA WORK	AQUA BODYBIKE	AQUA TONUS	AQUA BODYBIKE		

*Hors vacances scolaires



AquaGym, AquaPilates



AquaDynamic, AquaBoxing, AquaBodybike, AquaWork (renfo), AquaTonus (mix renfo/cardio)

45'

TÉLÉCHARGER
LE PLANNING



AQUATONIC
RENNES SAINT-GRÉGOIRE