



PLANNING



ESPACE AQUATONIC

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8:55	AC		AC		AC		
9:00	TA			AQUA GYM			
9:30		AQUA GYM		AQUA GYM			
10:00	AQUA GYM	NATATION	AG TA		AQUA GYM		AC
10:30	AQUA GYM	TA	AQUA GYM		AQUA GYM		
10:45		AC		AC		AC	
11:00	AQUA GYM		AQUA GYM	TA	AQUA GYM		AQUA GYM
11:15						TA	
11:30							AQUA GYM
11:45							TA
12:00	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM		AQUA GYM	
12:30	AQUA GYM	AS		AS	AQUA GYM	AQUA GYM	
12:45			AC				
13:45	AC				AC		
14:00		AQUA GYM	AQUA GYM	AQUA GYM	TA		
15:00	AQUA GYM		AQUA GYM	AC	AQUA GYM		
15:30	AS	AC	AS		AS		
16:00				TA			
16:30				NATATION		NATATION	
17:00	AG NAT	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	
17:30	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	
18:00	AS	AS	AS	AQUA GYM	AS		
18:30	AQUA GYM	TA	AQUA GYM	AG TA	AQUA GYM		
18:45		AB					
19:00	AQUA GYM		AC		AQUA GYM		
19:15				AB			

AS : Aquastretching
 AQUA BOOST : circuit training dynamique
 TA : Training Aquatique
 AG : Aqua Gym
 NATATION : nage libre à la piscine de détente
 AC : Aquacycling

ESPACE FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:00	● STRETCHING	● RM + STRETCHING	● BODY BALANCE	● CAF + STRETCHING	● PILATES		
9:45						● CPT	
10:00	● SWISS BALL		● CPT		● BEACH TRAINING		● RM
10:15		● AI ● MS			● AVIRON INDOOR		
10:30				● YOGA ● BT			
11:00	● YOGA ● BT		● YOGA ● CG	● COACHING GUIDÉ	● YOGA	● LESMILLS BODYBALANCE	● LESMILLS BODYBALANCE
11:15		● YOGA					
11:30	● COACHING GUIDÉ						
12:30	● AVIRON INDOOR	● RM	● PILATES	● RM	● ABDOS FLASH		
14:30					● TRX		
15:00	● YOGA	● TRX					
15:15					● YOGA		
15:30						● STRETCHING	
15:45					● COACHING GUIDÉ		
16:00		● PILATES		● PILATES			
16:30	● BODY BALANCE		● STRETCHING		● PILATES		
16:45	● COACHING GUIDÉ						
17:00						● RM	
17:15			● STEP				
17:30	● CAF	● AVIRON INDOOR	● BEACH TRAINING	● SWISS BALL	● CAF		
18:15					● AVIRON INDOOR		
18:30	● PILATES	● SWISS BALL	● BODY BARRE	● YOGA			
19:15	● STEP	● CPT					

● 30 minutes ● 45 minutes ● 60 minutes
 CAF : cuisses, abdos, fessiers
 PILATES : renforcement profond
 RM : renforcement musculaire
 BT : Beach Training, renforcement musculaire
 CPT : culture physique tonique
 TRX : Entraînement en suspension
 CG : Coaching guidé
 MS : Marche sportive
 AI : Aviron indoor