AQUATONIC
THERMES MARINS DE SAINT-MALO

TÉLÉCHARGER LE 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		AVIRON INDOOR		RM
10:15		AI / MS					
10:30				YOGA / BT			
11:00	YOGA / BT		YOGA	COACHING GUIDÉ	YOGA	BODYBALANCE	BODYBALANCE
11:15		YOGA					
11:30	COACHING GUIDÉ		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

Horaires sous réserve de modification.
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