



AQUATONIC
SAINT-MALO



PLANNING DES COURS

ESPACE AQUATIQUE

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9:00	AC / TA		AC		AC		
10:00	AQUAGYM		AQUAGYM / TA				
10:30	AQUAGYM				AQUAGYM		
10:45		AC (HA)		AC		AC	
11:00	AQUAGYM		AQUAGYM	TA	AQUAGYM		AQUAGYM
11:30						TA	AQUAGYM
12:00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM		AQUAGYM	
12:30	AQUAGYM	AS	AC	AS	AQUAGYM	AQUAGYM	
13:45	AC (HA)				AC		
15:00	AQUAGYM		AQUAGYM	AC	AQUAGYM		
15:30	AS	AC	AS		AS		
17:00		AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
17:30	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	
18:00	AS	AS	AS	AQUAGYM	AS		
18:30	AQUAGYM	TA	AQUAGYM	AQUAGYM / TA	AQUAGYM		
19:00	AQUAGYM		AC	AQUAGYM	AQUAGYM		
19:15		AQUAGYM					

AS : AQUASTRETCHING
AC : AQUACYCLING
(HA) : HORS-ABONNEMENT
TA : TRAINING AQUATIQUE

ESPACE FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00	SWISS BALL (45')	RM / STRETCHING (60')	BODYBALANCE (45')	CAF / STRETCHING (60')	PILATES (45')		
09:30			RUN (60')				
09:45						BODYVIVE (45')	
10:00	BEACH TRAINING / UA* (45')	STEP* (45')			BEACH TRAINING (45')		BODYBALANCE (45')
10:30				YOGA (60')			
11:00	YOGA (60')		YOGA (60')		YOGA (60')	BODYBALANCE (45')	
12:15			PILATES (30')				
12:30	AVIRON INDOOR (30')	BODYBALANCE (45')		ABDOS FLASH (30')	RM (45')		
14:30					YOGA (60')		
15:30						RUN (60')	
16:00		PILATES (45')		PILATES (45')			
16:30	BODYBALANCE (45')		STRETCHING (45')		BODYBALANCE (45')		
17:00						RM / STRETCHING (60')	
17:30	CAF (45')	AVIRON INDOOR (45')	RM (45')	BODYVIVE (45')	CAF (45')		
18:30	PILATES (45')	SWISS BALL (45')	ZUMBA (45')	YOGA (60')			
19:15	CARDIO GYM (45')	BODYVIVE (45')					

* : LIBRE ACCÈS
CAF : CUISSES, ABDOS, FESSIERS
PILATES : RENFORCEMENT PROFOND
RM : RENFORCEMENT MUSCULAIRE
BEACH TRAINING : RENFORCEMENT MUSCULAIRE

Horaires sous réserve de modification.

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