



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		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				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							
09:45						tone (45)	
10:00	BEACH TRAINING (45)		tone (45)		BEACH TRAINING (45)		BODYBALANCE (45)
10:30				YOGA (60)			
11:00	YOGA (60)		YOGA (60)		YOGA (60)	BODYBALANCE (45)	
12:15							
12:30	AVIRON INDOOR (30)	BODYBALANCE (45)	PILATES (30)	RM (45)	ABDOS FLASH (30)		
14:30							
15:30					BODY BARRE (45)	CAF (45)	
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)	BODY BARRE (45)	SWISS BALL (45)	CAF (45)		
18:30	PILATES (45)	SWISS BALL (45)	ZUMBA (45)	YOGA (60)			
18:45					AVIRON INDOOR (45)		
19:15	CARDIO GYM (45)	tone (45)					

* : LIBRE ACCÈS
CAF : CUISSÉS, ABDOS, FESSIERS
PILATES : RENFORCEMENT PROFOND
RM : RENFORCEMENT MUSCULAIRE
BEACH TRAINING : RENFORCEMENT MUSCULAIRE
TONE : RENFORCEMENT MUSCULAIRE, CARDIO

Horaires sous réserve de modification.

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