



**PLANNING**

TÉLÉCHARGER  
LE PLANNING



# ESPACE AQUATONIC

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
09:00	AC / TA		AC	AQUA GYM	AC		
09:30		AQUA GYM		AQUA GYM			
10:00	AQUA GYM		AQUA GYM / 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	AC	AS	AQUA GYM	AQUA GYM	
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			
17:00	AQUA GYM	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	AQUA GYM / TA	AQUA GYM		
19:00	AQUA GYM		AC	AQUA GYM	AQUA GYM		
19:15		AQUA GYM					

AS : Aquastretching  
AC : Aquacycling  
TA : Training Aquatique

# ESPACE FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
09:00	● BEACH TRAINING ● STRETCHING	● RM + STRETCHING	● LESMILLS BODYBALANCE	● CAF + STRETCHING	● PILATES		
09:45						● CPT	
10:00	● SWISS BALL		● CPT		● BEACH TRAINING ● AVIRON INDOOR		● RM
10:15		● MARCHE SPORTIVE					
10:30				● YOGA ● BEACH TRAINING			
10:45		● AVIRON INDOOR					
11:00	● YOGA ● COACHING GUIDÉ		● YOGA	● COACHING GUIDÉ	● YOGA	● LESMILLS BODYBALANCE	● LESMILLS BODYBALANCE
11:15			● COACHING GUIDÉ				
12:30	● AVIRON INDOOR	● LESMILLS BODYBALANCE ● BODY BARRE	● PILATES	● RM	● ABDOS FLASH		
15:00					● YOGA ● COACHING GUIDÉ		
15:15						● STRETCHING	
16:00		● PILATES		● PILATES			
16:15				● COACHING GUIDÉ			
16:30	● BODY BALANCE		● STRETCHING		● LESMILLS BODYBALANCE		
17:00						● RM	
17:15			● STEP				
17:30	● CAF	● AVIRON INDOOR	● BEACH TRAINING	● SWISS BALL	● CAF		
18:30	● PILATES	● SWISS BALL	● BODY BARRE	● YOGA			
18:45					● AVIRON INDOOR		
19:15	● STEP	● CPT					

● 30 minutes  
● 45 minutes  
● 60 minutes

CAF : cuisses, abdos, fessiers  
PILATES : renforcement profond  
RM : renforcement musculaire  
BEACH TRAINING : renforcement musculaire  
CPT : culture physique tonique