AQUATONIC
SAINT-MALO

TÉLÉCHARGER LE PLANNING

ESPACE AQUATONIC

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

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

ESPACE FITNESS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00	STRETCHING	RM + STRETCHING	BODY BALANCE	CAF + STRETCHING	PILATES		
09:45						CPT	
10:00	SWISS BALL		CPT		AI / BT		RM
10:15		TRX / MS					
10:30				YOGA / BT			
10:45		AVIRON INDOOR					
11:00	YOGA / BT		YOGA / CG	COACHING GUIDÉ	YOGA	BODYBALANCE	BODYBALANCE
11:30	COACHING GUIDÉ						
11:45		BODY BALANCE					
12:30	AVIRON INDOOR	RM	PILATES	RM	ABDOS FLASH		
14:30					TRX		
15:00		TRX					
15:15					YOGA		
15:30						STRETCHING	
15:45					COACHING GUIDÉ		
16:00		PILATES		PILATES			
16:15				COACHING GUIDÉ			
16:30	BODY BALANCE		STRETCHING		BODY BALANCE		
16:45	COACHING GUIDÉ						
17:00						RM	
17:15			STEP		CAF		
17:30	CAF	AVIRON INDOOR	BEACH TRAINING	SWISS BALL			
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.
Club Forme Aquatonic • 02 99 40 75 33 • www.aquatonic.fr/saint-malo