

PLANNING DES COURS COLLECTIFS

	MATIN			MIDI			APRÈS-MIDI			SOIR						
	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
Lundi 07h-22h		Aquabiking* 07h30 (45')		Bodysculpt 09h15 (45')	Stretching 10h15 (45')		Bodypump* 12h30 (45')				Abdos - Stretching 16h30 (45')	Bodysculpt 17h30 (45')	Step 18h30 (45')	Cross Training* 19h30 (45')	Pole Dance* 20h30 (45')	
			Aquabiking* 09h15 (45')	Aquagym* 10h15 (45')			RPM* 12h30 (45')	Aquabiking* 12h30 (45')			Aquayoga* 16h30 (45')	Aquabiking* 17h30 (45')	Aquacardio* 18h30 (45')	Aquabiking* 19h30 (45')	Aquaboxe* 20h30 (45')	
Mardi 07h-22h		Aquabiking* 07h30 (45')		Body Postural 09h15 (45')	C.A.F. 10h15 (45')		Cross Training* 12h30 (45')				Pilates 16h30 (45')	C.A.F.* 17h30 (45')	Boxing* 18h30 (45')	Bodypump* 19h30 (45')	Stretching 20h30 (45')	
			Aquabiking* 09h15 (45')	Aquaboxe* 10h15 (45')		Aquabiking* 11h30 (45')	Aquacardio* 12h30 (45')					Aquabiking* 17h30 (45')	Aquaboxe* 18h30 (45')	Aquabiking* 19h30 (45')		
Mercredi 07h-22h		Cross Training* 07h30 (45')		Bodypump* 09h15 (45')	Abdos - Stretching 10h15 (45')		Pilates 12h30 (45')					Bodycombat 17h30 (45')	Bodypump* 18h30 (45')	Boxing* 19h30 (45')	Yoga Anti-stress 20h30 (45')	
			Aquabiking* 09h15 (45')	Aquapilates* 10h15 (45')			RPM* 12h30 (45')	Aquabiking* 12h30 (45')			Aquagym* 16h30 (45')	Aquadance* 17h30 (45')	Aquabiking* 18h30 (45')	Aquaboxe* 19h30 (45')		
Jeudi 07h-22h		Pilates 07h30 (45')		Bodysculpt 09h15 (45')			Boxing* 12h30 (45')					Yoga Anti-stress 17h30 (45')	Bodycombat 18h30 (45')	Zumba 19h30 (45')	Cross Training* 20h30 (45')	
			Aquabiking* 09h15 (45')		RPM* 10h15 (45')			Aquacardio* 11h30 (45')				Aquabiking* 17h30 (45')	Aquacardio* 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 07h-22h			Yoga Energie 09h15 (45')	Abdos-Stretching 10h15 (45')			Bodysculpt 12h30 (45')					C.A.F. 17h30 (45')	Zumba 18h30 (45')	Boxing* 19h30 (45')		
		Aquagym* 07h30 (45')		Aquabiking* 09h15 (45')	Aquaboxe* 10h15 (45')		Sprint* 12h30 (30')	Aquabiking* 12h30 (45')				Aquaboxe* 17h30 (45')	Aquabiking* 18h30 (45')			
Samedi 09h-17h				Pilates 09h30 (45')	Bodypump* 10h30 (45')	Abdos - Stretching 11h30 (45')				Boxing* 15h00 (45')						
				Aquacardio* 09h30 (45')	Aquabiking* 10h30 (45')	Aquaboxe* 11h30 (45')		RPM* 12h30 (45')	Aquabiking* 12h30 (45')	Aquabiking* 13h30 (45')						
Dimanche 09h-17h				Abdos-Stretching 09h30 (45')	Bodypump* 10h30 (45')	Boxing* 11h30 (45')										
				Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquaboxe* 11h30 (45')		Sprint* 12h30 (30')	Aquagym* 12h30 (45')							

* Cours sur réservation

Salle de cours	Studio Bike	Piscine
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Sous réserve de modification ou annulation pendant les vacances scolaires