

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI				
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE			
9h30															
10h30	LES MILLS RPM 45'		Body Sculpt 45'			B'SPORT AQUA BIKING 45'	B'SPORT PILATES 45'		Cuisses Abdos Fessiers 45'		LES MILLS RPM 45'				
11h30		AQUA BODY 45'		AQUA TONUS CORE 45'	LES MILLS BODYBALANCE 55'			B'SPORT AQUA BIKING 45'		AQUADYNAMIC 45'	LES MILLS BODYPUMP 45'				
12h00								AQUADYNAMIC 45'	CROSS TRAINING 45'			AQUA BODY 45'			
12h30		B'SPORT AQUA BIKING 30'													
13h00	B'SPORT PILATES 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYATTACK 45'	B'SPORT AQUA BIKING 45'	LES MILLS RPM 45'	12h35 AQUA BODY 45'	LES MILLS BODYPUMP 45'	AQUA TRAINING 45'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'		B'SPORT AQUA BIKING 45'			
13h30															
14h30															
16h00												B'SPORT AQUA BIKING 45'			
17h00				AQUADYNAMIC 45'											
17h30		17H05 B'SPORT AQUA BIKING 45'		B'SPORT AQUA BIKING 45'	17H15 LES MILLS BODYPUMP 45'	17H05 B'SPORT AQUA BIKING 45'		17H05 B'SPORT AQUA BIKING 45'	B'SPORT PILATES 45'						
18h00			17H40 Cuisses Abdos Fessiers 30'												
18h30	LES MILLS BODYPUMP 55'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'	18H15 LES MILLS SH'BAM 45'	CROSS TRAINING 45'	AQUA BODY 45'	LES MILLS BODYBALANCE 55'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	LES MILLS SH'BAM 45'	Fithoxe 45'	AQUADYNAMIC 45'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'	
19h00															
20h00	LES MILLS BODYBALANCE 55'	Fithoxe 45'	AQUADYNAMIC 45'	LES MILLS BODYPUMP 55'	TRX 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYCOMBAT 55'	LES MILLS RPM 45'	AQUA BODY 45'	LES MILLS BODYATTACK 55'	B'SPORT AQUA BIKING 45'	LES MILLS BODYBALANCE 45'	AQUA TONUS CORE 45'		
	LES MILLS BODYCOMBAT 45'	B'SPORT AQUA BIKING 45'	B'SPORT PILATES 45'	LES MILLS RPM 45'	AQUA TRAINING 40'	CROSS TRAINING 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYPUMP 45'	AQUADYNAMIC 45'						

DIMANCHE

Ouverture de 9h à 16h00

- renforcement musculaire
- cardio
- renforcement muscles profonds, dos
- danse

ouvert 7 jours/7
 lundi/mardi/mercredi/jeudi/vendredi - 7h/22h30
 samedi et dimanche 9h/16h00

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