

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30	LES MILLS RPM		RENFORCEMENT MUSCULAIRE			B'SPORT AQUA BIKING	LES MILLS BODYBALANCE		Cuisses Abdos Fessiers		LES MILLS RPM	
10h30	45'		45'			45'	55'		45'		45'	
11h30		AQUA BODY		AQUA TONUS CORE	B'SPORT PILATES			B'SPORT AQUA BIKING		AQUADYNAMIC	LES MILLS BODYPUMP	
12h00		45'		45'	45'			45'		45'	45'	
12h30		B'SPORT AQUA BIKING 30'				AQUADYNAMIC 30'		AQUADYNAMIC 45'				AQUA BODY 45'
13h30	B'SPORT PILATES	B'SPORT AQUA BIKING	LES MILLS BODYATTACK	B'SPORT AQUA BIKING	LES MILLS RPM	12h35 AQUA BODY	LES MILLS BODYPUMP	B'SPORT AQUA BIKING	LES MILLS BODYBALANCE	B'SPORT AQUA BIKING		B'SPORT AQUA BIKING
14h30	45'	45'	45'	45'	45'	45'	45'	45'	45'	45'		45'
16h00												
17h00				AQUADYNAMIC								
17h15			17h15	45'								
17h30	FIT ABDOS RUN	AQUA POWER	Cuisses Abdos Fessiers	B'SPORT AQUA BIKING		AQUA POWER		B'SPORT AQUA BIKING			DIMANCHE	
18h00	30'	45'	30'	45'		45'		45'				
18h30	LES MILLS BODYBALANCE	B'SPORT AQUA BIKING	STEP Fitboxe	AQUA TONUS CORE	LES MILLS BODYPUMP	B'SPORT AQUA BIKING	ZEN STRETCH	AQUADYNAMIC	LES MILLS RPM	B'SPORT AQUA BIKING	Ouverture de 9h à 18h00	
19h00	45'	45'	45'	45'	45'	45'	45'	45'	45'	45'		
20h00	HYROX LES MILLS RPM	AQUADYNAMIC	LES MILLS BODYPUMP	B'SPORT AQUA BIKING	LES MILLS BODYBALANCE LES MILLS RPM	AQUA BODY	LES MILLS BODYATTACK Fitboxe	B'SPORT AQUA BIKING	B'SPORT PILATES	AQUA TONUS CORE		
	55'	45'	55'	45'	55'	45'	45'	55'	45'	45'		
	CROSS TRAINING	B'SPORT AQUA BIKING	Sprint	AQUA TRAINING	ZEN STRETCH	B'SPORT AQUA BIKING	LES MILLS BODYPUMP					
	45'	45'	30'	40'	45'	45'	45'					

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

ouvert 7j/7

lundi/mardi/mercredi/jeudi/vendredi - 7h00/22h30

samedi et dimanche 9h00/18h00

serviette obligatoire, chaussures propres

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Suivez-nous !

sur   et sur
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