

	lundi		mardi		mercredi		jeudi		vendredi		samedi	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h	09:15 <b>GYM</b>	09:00 <b>NAGE LIBRE</b>	09:15 <b>BODY PUMP</b>		09:15 <b>STRETCHING</b>	09:30 <b>NAGE LIBRE</b>	09:15 <b>GYM BALL</b>		09:15 <b>CROSS TRAINING</b>		09:15 <b>ABDOS FESSIERS</b>	09:00 <b>NAGE LIBRE</b>
10h	10:15 <b>GYM BALL</b>	10:15 <b>AQUA GYM</b>	10:15 <b>STRETCHING</b>	10:15 <b>AQUA GYM</b>	10:15 <b>CAF</b>	10:15 <b>AQUA BIKE</b>	10:15 <b>GYM</b>	10:15 <b>AQUA BIKE</b>	10:15 <b>GYM BALL</b>	10:15 <b>AQUA GYM</b>	10:00 <b>BODY PUMP</b>	10:15 <b>AQUA BIKE</b>
11h		<b>NAGE LIBRE</b>		11:00	11:00 <b>PILATES*</b>	11:15 <b>AQUA FUSION</b>		11:00		11:00		<b>NAGE LIBRE</b>
12h	11:15 <b>Power Barre</b>	11:15 <b>AQUA FITNESS</b>	11:10 <b>ABDOS FESSIERS</b>		11:50 <b>STEP 1</b>		11:15 <b>STEP 1</b>	11:50 <b>STRETCHING</b>	11:15 <b>STEP 1</b>	11:15 <b>STEP 1</b>	11:00 <b>STRETCHING</b>	11:15 <b>AQUA FITNESS</b>
13h	12:30 <b>GYM BALL</b> OU <b>RPM</b>	12:30 <b>AQUA BIKE</b>	12:30 <b>HIT MOV'</b>	12:30 <b>AQUA BIKE</b>	12:30 <b>RPM</b>	12:30 <b>AQUA POWER</b>	12:30 <b>ABDOS FESSIERS</b>	12:30 <b>ULTRA BOXE</b>	12:30 <b>BODY PUMP</b>	12:30 <b>AQUA POWER</b>		12:30 <b>STEP 2</b>
14h	13:30 <b>ABDOS FESSIERS</b>						13:00 <b>CUISSES FLASH</b>				13:40 <b>ABDOS PURS</b>	
15h	14:00 <b>AÉROBIC</b>		14:00 <b>BODY SCULPT</b>		14:00 <b>ABDOS FESSIERS</b>		14:00 <b>Power Barre</b>		14:00 <b>STEP 1</b>		14:15 <b>RPM</b>	
16h	15:30 <b>ABDOS PURS</b>		15:15 <b>STEP 2</b>		14:45 <b>STRETCHING</b>			15:15 <b>AÉROBIC</b>	15:30 <b>ABDOS PURS</b>		15:15 <b>STEP 1</b>	
17h	16:00 <b>STRETCHING</b>				15:30 <b>ABDOS PURS</b>			16:30 <b>ABDOS FESSIERS</b>	16:00 <b>AÉROBIC</b>	<b>NAGE LIBRE</b>		
18h	17:15 <b>CARDIO STEP</b>		17:15 <b>CROSS TRAINING</b>	17:15 <b>MOV'N BIKE</b>	17:15 <b>CAF</b>		17:15 <b>HIT MOV'</b>		17:15 <b>BODY PUMP</b>	17:15 <b>AQUA BOXING</b>		
19h	18:00 <b>BODY PUMP</b>	18:05 <b>MOV'N Run</b>	18:15 <b>ZUMBA</b>	18:15 <b>AQUA POWER</b>	18:00 <b>RPM</b>	18:15 <b>AQUA BIKE</b>	18:00 <b>STRETCHING</b>	18:15 <b>AQUA FUSION</b>	18:15 <b>KIMAX</b>	18:15 <b>AQUA BIKE</b>		
20h	19:00 <b>RPM</b>	19:15 <b>ZUMBA</b>	19:00 <b>ABDOS FESSIERS</b>	19:15 <b>AQUA BIKE</b>	18:45 <b>CARDIO STEP</b>	19:15 <b>AQUA FITNESS</b>	18:30 <b>ZUMBA</b>	19:15 <b>AQUA BIKE</b>	19:00 <b>GYM BALL</b>			
21h			19:30 <b>BODY PUMP</b>		19:30 <b>KIMAX</b>		19:15 <b>RPM</b>	19:15 <b>PILATES*</b>	19:30 <b>STRETCHING</b>			

### Horaires d'ouverture


Du lundi au vendredi  
9:00 à 21:00

Le samedi  
9:00 à 18:00

\* Prestataire extérieur,  
activité soumise à condition.

Planning non contractuel  
et susceptible de modifications.

RPM, Gym Ball, Aquabike et Ultra Bike  
et Aqua Power sont des cours soumis  
à réservations.

 Ces cours sont des  
cours vidéos.