

# PLANNING DES COURS COLLECTIFS

	MATIN				MIDI				APRÈS-MIDI				SOIR			
	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h	
<b>Lundi</b> 08h-22h			<b>Bodysculpt</b> 09h15 (60')		<b>Yoga Energie</b> 11h15 (60')	<b>Bodypump</b> 12h30 (45')		<b>Bodybalance</b> 14h30 (60')		<b>Bodysculpt</b> 16h45 (45')	<b>Bodypump</b> 17h30 (45')	<b>Step</b> 18h30 (45')	<b>LesMills Core</b> 19h30 (30')	<b>Crit*</b> 20h30 (45')		
				<b>Bodybalance</b> 10h15 (60')		<b>Wellcircuit*</b> 12h30 (45')						<b>Boxing*</b> 18h30 (45')	<b>Cross Training*</b> 19h30 (45')	<b>Wellcircuit*</b> 20h30 (45')		
		<b>Aquabiking*</b> 09h15 (45')	<b>Aquabiking*</b> 10h15 (45')	<b>Aquadynamic</b> 11h15 (45')		<b>Aquatonus</b> 12h30 (45')		<b>Aquagym</b> 14h00 (45')		<b>Aquagym</b> 16h30 (45')	<b>Aquadynamic</b> 17h30 (45')	<b>Aquabiking*</b> 18h30 (45')	<b>Aquawork*</b> 19h30 (45')	<b>Aquatraining</b> 20h30 (45')		
<b>Mardi</b> 08h-22h	<b>Wellcircuit*</b> 08h15 (45')		<b>Bodypump</b> 09h15 (60')		<b>Stretching</b> 10h15 (45')		<b>Bodyattack</b> 12h30 (45')		<b>Pilates</b> 14h30 (45')		<b>Cross Training*</b> 16h45 (45')	<b>C.A.F.</b> 17h30 (45')	<b>Bodyjam</b> 18h30 (45')	<b>Pilates</b> 19h30 (45')	<b>Bodypump</b> 20h15 (60')	
		<b>RPM*</b> 09h15 (45')				<b>RPM*</b> 12h30 (45')						<b>RPM*</b> 17h30 (45')	<b>Sprint*</b> 18h30 (30')			
		<b>Aquagym</b> 09h15 (45')	<b>Aquabiking*</b> 10h15 (45')	<b>Aquabiking*</b> 11h15 (45')		<b>Aquadynamic</b> 12h30 (45')		<b>Aquatonus</b> 14h00 (45')				<b>Aquacombat</b> 17h30 (45')	<b>Aquawork*</b> 18h30 (45')	<b>Aquabiking*</b> 19h30 (45')	<b>Aquadynamic</b> 20h30 (30')	
<b>Mercredi</b> 08h-22h			<b>Pilates Ball</b> 09h15 (60')		<b>LesMills Core</b> 10h15 (45')	<b>Yoga Anti-stress</b> 11h15 (60')		<b>Bodybalance</b> 12h30 (45')				<b>Bodypump</b> 17h30 (45')	<b>Zumba</b> 18h30 (45')	<b>Step 2</b> 19h30 (45')	<b>Bachata</b> 20h30 (60')	
							<b>Wellcircuit*</b> 12h30 (45')					<b>Wellcircuit*</b> 17h30 (45')	<b>Cross Training*</b> 18h30 (45')	<b>Bodybalance</b> 19h30 (45')	<b>Wellcircuit*</b> 20h30 (60')	
		<b>Aquabiking*</b> 09h15 (45')	<b>Aquadynamic</b> 10h15 (45')	<b>Aquagym</b> 11h15 (45')		<b>Aquawork*</b> 12h30 (45')		<b>Aquabiking*</b> 14h00 (45')	<b>Jardin d'eau</b> 15h00 (60')			<b>Aquawork*</b> 17h30 (45')	<b>Aquacombat</b> 18h30 (45')	<b>Aquabiking*</b> 19h30 (45')		
<b>Jeudi</b> 08h-22h			<b>Aérodance</b> 09h15 (45')				<b>Pilates</b> 12h30 (45')		<b>Yoga Anti-stress</b> 15h00 (60')		<b>LesMills Core + Stretching</b> 16h45 (45')	<b>Bodyjam</b> 17h30 (45')	<b>Aérodance</b> 18h30 (45')	<b>Bodypump</b> 19h30 (60')		
			<b>Cross Training*</b> 09h15 (45')		<b>Bodybalance</b> 10h15 (60')		<b>Boxing*</b> 12h30 (45')					<b>Bodyattack</b> 17h30 (45')	<b>Cross Training*</b> 18h30 (45')	<b>Pilates</b> 19h30 (45')	<b>Pole dance</b> 20h15 (90')	
		<b>Aquawork*</b> 09h15 (45')	<b>Aquagym</b> 10h15 (45')	<b>Aquabiking*</b> 11h15 (45')		<b>Aquabiking*</b> 12h30 (45')		<b>Aquagym</b> 14h00 (45')			<b>Aquawork*</b> 16h30 (45')	<b>Aquadynamic</b> 17h30 (45')	<b>Aquabiking*</b> 18h30 (45')	<b>Aquacombat</b> 19h30 (45')		
<b>Vendredi</b> 08h-21h			<b>C.A.F.</b> 09h15 (45')				<b>Bodypump</b> 12h30 (45')					<b>Bodypump</b> 17h30 (45')	<b>Bodycombat</b> 18h30 (45')	<b>Stretching</b> 19h30 (45')		
					<b>Pilates</b> 10h15 (60')		<b>Cross Training*</b> 12h30 (45')				<b>Wellcircuit*</b> 16h30 (45')		<b>Cross Training*</b> 18h30 (45')			
		<b>Aquadynamic</b> 09h15 (45')	<b>Aquatonus</b> 10h15 (45')	<b>Aquabiking*</b> 11h15 (45')		<b>Aquawork*</b> 12h30 (45')		<b>Aquadynamic</b> 14h00 (45')		<b>Aquatonus</b> 16h30 (45')	<b>Aquabiking*</b> 17h30 (45')	<b>Aquabiking*</b> 18h30 (45')	<b>Aquadynamic</b> 19h30 (45')			
<b>Samedi</b> 09h-19h					<b>Bodypump</b> 10h15 (45')	<b>Bodybalance</b> 11h15 (60')		<b>Bodypump</b> 14h30 (45')								
		<b>Pilates</b> 09h15 (45')				<b>Cross Training*</b> 11h15 (45')										
		<b>Aquadynamic</b> 09h15 (45')	<b>RPM*</b> 10h15 (45')	<b>Aquawork*</b> 10h15 (45')		<b>Aquabiking*</b> 11h15 (45')	<b>Aquatonus</b> 12h15 (45')									
<b>Dimanche</b> 09h-15h			<b>Bodypump</b> 09h15 (45')			<b>Stretching</b> 11h15 (45')										
				<b>C.A.F.</b> 10h15 (45')		<b>Wellcircuit*</b> 11h15 (45')										
		<b>BB nageurs</b> 09h15 (45')	<b>Jardin d'eau</b> 10h15 (60')		<b>Aquabiking*</b> 11h30 (45')		<b>Aquagym zen</b> 12h30 (45')									

\* Cours sur réservation

Salle de cours	Studio	Studio Bike	Piscine
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