

PLANNING D'ÉTÉ DU VENDREDI 1^{ER} AU DIMANCHE 24 AOÛT

		MATIN					MIDI		APRÈS-MIDI				SOIR				
		7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
Lundi 08h-22h				Bodypump 09h15 (45')	Bodybalance 10h15 (60')			Boxing* 12h30 (60')		Pilates 14h00 (60')			Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodyattack 19h30 (45')	Pole Dance* 20h30 (75')	
					RPM* 10h15 (45')									RPM* 18h30 (45')	Sprint* 19h30 (45')		
								Cross Training* 12h30 (60')						Cross Training* 18h30 (45')	Cross Training* 19h30 (60')		
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		Aquabiking* 12h30 (45')					Aquawork 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Mardi 08h-22h				Bodybalance 09h15 (45')	A.F. 10h00 (30')	Stretching 10h30 (45')		Bodypump 12h30 (60')					Pilates 17h30 (45')	Bodypump 18h30 (45')	L.I.A 19h30 (45')	Boxing* 20h30 (60')	
								RPM* 12h30 (45')						RPM* 18h30 (45')	RPM* 19h30 (45')		
														Cross Training* 18h30 (45')	Cross Training* 19h30 (45')	Cross Training* 20h30 (60')	
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquagym 11h15 (45')		Aquawork 12h30 (45')					Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Aquabiking* 20h30 (45')	
Mercredi 08h-22h				Pilates 09h15 (45')	Yoga Anti-stress 10h15 (60')			LesMills Core 12h30 (45')		C.A.F 15h00 (45')	Stretching 15h45 (30')		Bodysculpt 17h30 (45')	Bodycombat 18h30 (45')	Bodypump 19h30 (45')	LesMills Core 20h30 (30')	
					RPM* 10h15 (45')									Sprint* 18h30 (45')	RPM* 19h30 (45')		
								Cross Training* 12h30 (60')					Cross Training* 17h30 (60')		Cross Training* 19h30 (60')		
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')					Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Jeudi 08h-22h				Bodysculpt 09h15 (45')	Stretching 10h15 (45')			Pilates 12h30 (60')					LesMills Core 17h30 (45')	Bodyattack 18h30 (45')	Step 19h30 (45')	Bodybalance 20h30 (60')	
								RPM* 12h30 (45')						Sprint* 18h30 (45')	RPM* 19h30 (45')		
															Cross Training* 19h30 (45')	Cross Training* 20h30 (60')	
		Aquadynamic 08h15 (45')		Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')			Aquawork 12h30 (45')					Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquawork 19h30 (45')	Aquabiking* 20h30 (45')	
Vendredi 08h-21h				Yoga Anti-stress 09h15 (45')	C.A.F 10h15 (45')			Bodybalance 12h30 (60')		Bodysculpt 15h00 (60')			Yoga Energie 17h30 (45')	Bodypump 18h30 (45')	Bodycombat 19h30 (60')		
								RPM* 12h30 (45')						RPM* 18h30 (45')	RPM* 19h30 (45')		
													Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Cross Training* 19h30 (60')		
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquabiking* 12h30 (45')					Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
Samedi 08h-17h				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Boxing* 11h00 (45')	LesMills Core 12h00 (45')										
					Sprint* 10h00 (45')	RPM* 11h00 (45')											
						Cross Training* 11h00 (60')											
					Aquadynamic 10h00 (45')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')										

* Cours sur réservation

Votre club sera fermé les **dimanches 3, 10, 17 et 24 août**.
Fermeture exceptionnelle le **vendredi 15 août**.

Piscine fermée pour entretien annuel du 4 au 10 août. Cours aquatiques annulés.

Salle de cours	Zone fonctionnelle	Studio Bike	Piscine
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