

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				Bodysculpt 09h15 (45') RPM* 09h15 (45')	LesMills Core 10h15 (45')	Bodybalance 11h00 (60')		Bodypump 12h30 (60') RPM* 12h30 (45') Cross Training* 12h30 (60')					Bodyattack 17h30 (45')	Bodypump 18h30 (45') RPM* 18h30 (45')	Zumba 19h30 (60') Sprint* 19h30 (45') Strength Development* 19h30 (60')	RPM* 20h30 (45')			
			Aquadynamic 08h15 (45')	Aquawork 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')					Aquawork 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')			
Mardi 08h-22h			Bodysculpt 08h30 (45')	Zumba 09h15 (45')	A.F. 10h00 (30') RPM* 09h45 (45')	Stretching 10h30 (45')	LesMills Core 12h00 (30')	Bodycombat 12h30 (60') Sprint* 12h30 (45') Well3D* 12h30 (60')					Bodypump 17h30 (45') Sprint* 17h30 (45') Cross Training* 17h30 (60')	Bodyattack 18h30 (45') RPM* 18h30 (45') Well3D* 18h30 (60')	Bodyjam 19h30 (45') RPM* 19h30 (45') Cross Training* 19h30 (60')	Bodybalance 20h30 (45')			
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquawork 11h15 (45')		Aquacombat 12h30 (45')					Aquagym 18h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')				
Mercredi 08h-22h			Pilates* 08h15 (45')	Bodypump 09h15 (45')	Yoga Anti-stress 10h15 (60')		Pilates* 12h30 (60') RPM* 12h30 (45') Cross Training* 12h30 (60')						Boxing* 17h30 (45')	LesMills Dance 18h30 (45') Sprint* 18h30 (45')	LesMills Core 19h15 (30') RPM* 19h30 (45')	Pole Dance* 19h15 (75')			
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		Aquabiking* 12h30 (45')					Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')				
Jeudi 08h-22h				Stretching 09h15 (30') RPM* 09h45 (45')	Bodysculpt 09h45 (45')	Pilates* 10h30 (60')	Total Recup* 11h30 (45')	LesMills Core 12h30 (45') Sprint* 12h30 (45') Strength Development* 12h30 (60')					Bodybalance 17h30 (45') RPM* 17h30 (45')	Bodycombat 18h30 (45') RPM* 18h30 (45') Cross Training* 18h30 (45')	Bodypump 19h30 (60') Sprint* 19h30 (45') Well3D* 19h30 (45') Cross Training* 20h30 (60')				
			Aquagym 08h15 (45')	Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')		Aquawork 12h30 (45')					Aquabiking* 17h30 (45')	Aquacombat 18h30 (45')	Aquawork 19h30 (45')	Aquabiking* 20h30 (45')			
Vendredi 08h-21h			Yoga Energie 08h45 (45')	LesMills Core 09h45 (45')	Bodypump 10h30 (60') RPM* 10h45 (45')		Bodybalance 12h30 (60') RPM* 12h30 (45')						Bodysculpt 17h30 (45')	Step* 18h30 (45') Sprint* 18h30 (45')	Afro Move 19h30 (60') RPM* 19h30 (45')				
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquabiking* 12h30 (45')					Cross Training* 17h30 (45')	Cross Training* 18h30 (60')					
Samedi 08h-17h			Pilates* 09h00 (45')	Bodypump 10h00 (45') Sprint* 10h00 (45') Aquadynamic 10h00 (45')	LesMills Core 11h00 (30') RPM* 11h00 (45') Aquabiking* 11h00 (45')	Boxing* 11h30 (60')		Aquabiking* 12h00 (45')	Aquabiking* 13h00 (45')										

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

Piscine fermée pour entretien annuel du 11 au 17 août. Cours aquatiques annulés.

* Cours sur réservation

Salle de cours	Zone fonctionnelle	Studio Bike	Extérieur	Piscine
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