

Planning d'été du lundi 27 Juillet au dimanche 23 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 (45') RPM* 10h15 (45')	Pilates Ball 11h15 (45')	C.A.F. 12h00 (30')	Bodypump 12h30 (45') RPM* 12h30 (45') Cross Training* 12h30 (60')				Bodypump 17h00 (45')	LesMills Dance 18h00 (45') RPM* 18h00 (45')	Bodycombat 19h00 (45') RPM* 19h00 (45') Cross Training* 19h00 (45')	Bodyjam 20h00 (45')			
Mardi 08h-22h			Pilates 09h00 (45')	Bodysculpt 09h45 (45')	Zumba 10h30 (45')	Stretching 11h15 (45')	RPM* 12h30 (45') TRX* 12h30 (45') Aquadynamic 12h30 (45')				Bodybalance 16h30 (45')	Bodyjam 17h30 (45')	Bodypump 18h30 (45') RPM* 18h30 (45') Cross Training* 18h30 (45')	Bodycombat 19h30 (45') RPM* 19h30 (45')			
Mardi 08h-22h				Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquawork 11h30 (45')	Aquabiking* 12h30 (45')				Aquabiking* 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')			
Mercredi 08h-22h			Bodybalance 09h00 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')		Yoga Énergie 12h30 (60') RPM* 12h30 (45')					Step 17h30 (45')	Boxing* 18h30 (45') RPM* 18h30 (45')	Bodypump 19h30 (45') Sprint* 19h30 (30') Cross Training* 19h30 (45')	Zumba 20h30 (45')		
Jeudi 08h-22h				Aquagym 09h30 (45')	Aquagym 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')					Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')			
Jeudi 08h-22h			Bodysculpt 09h30 (45')	Yoga anti-stress 10h15 (60') RPM* 10h15 (45')			LesMills Core 12h30 (45')			Pole Dance* 16h00 (75')		Bodypump 17h30 (45')	Bodyattack 18h30 (45') RPM* 18h30 (45')	Pilates 19h30 (45') RPM* 19h30 (45')			
Jeudi 08h-22h				Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquagym 11h30 (45')	Aquawork 12h30 (45')					Cross Training* 17h30 (45')	Aquabiking* 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 08h-21h			Bodypump 09h00 (45')	Pilates 10h00 (45')	LesMills Core 11h00 (45')	A.F. 12h00 (30')	Sprint* 12h30 (30')						Bodysculpt 17h30 (45')	Bodyjam 18h30 (45') RPM* 18h30 (45')	Bodybalance 19h30 (45')		
Vendredi 08h-21h																	
Vendredi 08h-21h				Aquagym 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')					Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquagym 19h30 (45')			
Samedi 08h-17h			Bodysculpt 09h00 (45')	Bodybalance 10h00 (45') RPM* 10h00 (45')	Bodypump 11h00 (45')												
Samedi 08h-17h							Cross Training* 12h00 (60')										
Samedi 08h-17h				Aquagym 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')										
Dimanche 09h-14h				Bodysculpt 10h00 (60')		Stretching 12h00 (45')											
Dimanche 09h-14h					RPM* 11h00 (45')												
Dimanche 09h-14h				Aquagym 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')											

* Cours sur réservation

Salle de cours	Zone fonctionnelle	Studio Bike	Piscine
----------------	--------------------	-------------	---------

Votre club sera exceptionnellement fermé le **samedi 15 août**.

Piscine fermée pour entretien annuel du 3 au 9 août. Cours aquatiques annulés.