PLANNING DES COURS COLLECTIFS

MATIN | MIDI | APRÈS-MIDI | SOIR

7h 8h 9h 10h 11h 12h 13h 14h 15h 16h 17h 18h 19h 20h 21h 22h

Lundi
07h-22h

- Yoga Energie 09h15 (45')
- Aquabiking* 09h15 (45')
- Bodypump* 10h15 (45')
- Aquapilates* 10h15 (45')
- Aquaboxe* 11h15 (45')
- Boxing* 12h30 (45')
- Aquabiking* 12h30 (45')
- Aquayoga* 15h00 (45')
- Step 17h00 (45')
- Aquagym* 17h30 (45')
- LesMills Core 18h00 (30')
- Sprint* 18h30 (30')
- Aquabiking* 18h30 (45')
- Bodypump* 18h45 (45')
- RPM* 19h30 (45')
- Aquabiking* 19h30 (45')
- Boxing* 19h45 (45')
- Pole Dance* 20h45 (45')

Mardi
07h-22h

- Pilates 07h30 (45')
- Bodysculpt 09h15 (45')
- Aquabiking* 09h15 (45')
- Stretching 10h15 (45')
- RPM* 10h15 (45')
- Aquagym* 10h15 (45')
- LesMills Core 12h00 (30')
- Pilates 12h45 (45')
- Sprint* 12h30 (30')
- Aquabiking* 12h30 (45')
- Abdos 17h00 (30')
- Aquabiking* 17h30 (45')
- Bodypump* 17h45 (45')
- RPM* 18h30 (45')
- Aquacardio* 18h30 (45')
- Bodycombat 18h45 (45')
- Aquabiking* 19h30 (45')
- Sh'bam 19h45 (45')
- C.A.F. 20h45 (45')

Mercredi
07h-22h

- RPM* 07H30 (45')
- Bodypump* 09h15 (45')
- Aquabiking* 09h15 (45')
- Pilates 10h15 (45')
- Aquagym* 10h15 (45')
- Aquabiking* 11h15 (45')
- Abdos 12h00 (30')
- C.A.F. 12h45 (45')
- Aquabiking* 12h30 (45')
- Aquabiking* 15h00 (45')
- Cross Training* 17h00 (30')
- Bodyattack 17h45 (45')
- Aquacardio* 17h30 (45')
- RPM* 18h30 (45')
- Aquabiking* 18h30 (45')
- Pole Dance* 18h45 (45')
- Sprint* 19h30 (30')
- Aquaboxe* 19h30 (45')
- Bodybalance 19h45 (45')
- Aquagym* 20h30 (45')
- Boxing* 20h45 (45')

Jeudi
07h-22h

- Pilates 09h15 (45')
- Aquabiking* 09h15 (45')
- Yoga Anti-stress 10h15 (45')
- Aquabiking* 10h15 (45')
- Bodypump* 12h30 (45')
- RPM* 12h30 (45')
- Aquaboxe* 12h30 (45')
- LesMills Core 17h00 (30')
- RPM* 17h30 (45')
- Aquacardio* 17h30 (45')
- Bodyjam 17h45 (45')
- Sprint* 18h30 (30')
- Aquaboxe* 18h30 (45')
- Bodybalance 18h45 (45)
- Aquabiking* 19h30 (45')
- Bodycombat 19h45 (45')

Vendredi
07h-22h

- Aquabiking* 07h30 (45')
- LesMills Core 09h15 (30')
- Aquagym* 09h15 (45')
- Stretching 10h00 (30')
- RPM* 10h15 (45')
- Aquabiking* 10h15 (45')
- Bodypump* 10h45 (45')
- Bodybalance 12h30 (45')
- Aquabiking* 12h30 (45')
- Pole Dance* 16h30 (45')
- Aquaboxe* 16h30 (45')
- Bodyattack 17h30 (45')
- Cross Training* 17h30 (45')
- Aquabiking* 17h30 (45')
- Pilates 18h30 (45')
- Aquabiking* 18h30 (45')
- Bodypump* 19h30 (45')

Samedi
09h-20h

- Aquagym* 09h15 (45')
- Bodypump* 10h15 (45')
- Aquabiking* 10h15 (45')
- Zumba 11h15 (45')
- Aquaboxe* 11h15 (45')
- Boxing* 12h15 (45')
- Aquacardio* 12h15 (45')
- Bodypump* 15h15 (45')
- RPM* 16h15 (45')

Dimanche
09h-17h

- Bodysculpt 09h15 (45')
- Aquabiking* 09h15 (45')
- Stretching 10h15 (45')
- Aquaboxe* 10h15 (45')
- C.A.F 11h15 (45')
- Aquabiking* 11h15 (45')

* Cours sur réservation

Salle de cours | NEW Zone fonctionnelle | Studio Bike | Piscine

Sous réserve de modification ou annulation pendant les vacances scolaires