

Aquasports

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
09h15 (45) aquafitness	09h15 (45) Agca	09h00 (45) bodypalm	09h15 (45) aquafitness	09h15 (30) aquabiking	09h00 (45) bodypalm	
12h15 (45) aquaboxing	12h30 (30) aquabiking	12h15 (45) aquafitness	12h30 (30) aquabiking	12h15 (45) aquafitness	12h15 (30) aquabiking	
19h00 (30) aquabiking	18h15 (30) aquabiking	19h00 (30) aquabiking	18h15 (45) aquafitness	19h00 (30) aquabiking		
19h00 (45) aquafitness	19h00 (45) aquafitness	19h00 (45) aquaboxing		19h00 (45) aquaboxing		
20h00 (45) aquafitness		20h00 (45) aquafitness	19h15 (30) aquabiking	20h00 (45) Agca		

intensités →

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Fitness

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
09h15 (45) caf	09h15 (45) circuit training	09h15 (45) yoga	09h15 (45) pilates	09h15 (45) stretching	09h15 (45) caf	09h15 (45) step
10h15 (45) pilates	10h15 (45) blueball	10h15 (45) caf	10h15 (45) yoga	10h15 (45) circuit training	10h15 (45) Full Body	10h15 (45) Bodysculpt
11h15 (45) stretching	11h15 (45) LesMILLS BODYCOMBAT	11h15 (45) danse	11h15 (45) Bodysculpt	11h15 (45) blueball	11h15 (45) LesMILLS RPM	11h15 (45) LesMILLS RPM
12h30 (45) LesMILLS BODYPUMP	12h30 (45) circ. training	12h30 (45) Full Body	12h30 (45) LesMILLS BODYPUMP	12h30 (45) circ. training		
17h30 (45) LesMILLS BODYCOMBAT	17h30 (45) LesMILLS BODYATTACK	17h30 (45) LesMILLS BODYPUMP	17h30 (45) caf	17h30 (45) Bodysculpt		
18h30 (45) danse	18h30 (45) LesMILLS BODYPUMP	18h30 (45) LesMILLS RPM	18h30 (45) Full Body	18h30 (45) LesMILLS BODYATTACK		
19h30 (45) LesMILLS RPM	19h30 (45) yoga	19h45 (45) stretching	19h30 (45) LesMILLS BODYCOMBAT	19h30 (45) LesMILLS BODYPUMP		

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