

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	
9h30													
10h30	LES MILLS RPM 45'		RENFORCEMENT MUSCULAIRE 45'			B'SPORT AQUA BIKING 45'		LES MILLS BODYBALANCE 55'		Cuisses Abdos Fessiers 45'		LES MILLS RPM 45'	
11h30		AQUA BODY 45'		AQUA TONUS CORE 45'	B'SPORT PILATES 45'			B'SPORT AQUA BIKING 45'		AQUADYNAMIC 45'		LES MILLS BODYPUMP 45'	
12h00								AQUADYNAMIC 45'				AQUA BODY 45'	
12h30		B'SPORT AQUA BIKING 30'				AQUADYNAMIC 30'							
13h30	B'SPORT PILATES 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYATTACK 45'	B'SPORT AQUA BIKING 45'	LES MILLS RPM 45'	B'SPORT AQUA BODY 45'	LES MILLS BODYPUMP 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYBALANCE 45'	B'SPORT AQUA BIKING 45'		B'SPORT AQUA BIKING 45'	
14h30													
16h00													
17h00				AQUADYNAMIC 45'									
17h30		17h05 AQUA POWER 45'	17h15 Cuisses Abdos Fessiers 30'	B'SPORT AQUA BIKING 45'		17h05 AQUA POWER 45'		17h05 B'SPORT AQUA BIKING 45'					
18h00													
18h30	LES MILLS BODYPUMP 45'	LES MILLS RPM 45'	B'SPORT AQUA BIKING 45'	STEP Fithoxe 45'	AQUA BOXING 45'	LES MILLS BODYBALANCE 45'	B'SPORT AQUA BIKING 45'	ZEN STRETCH 45'	AQUADYNAMIC 45'	B'SPORT PILATES 45'	B'SPORT AQUA BIKING 45'		
19h00													
20h00	LES MILLS BODYBALANCE 55'	AQUADYNAMIC 45'	LES MILLS BODYPUMP 55'	B'SPORT AQUA BIKING 45'	LES MILLS BODYCOMBAT 55'	LES MILLS RPM 45'	AQUA BODY 45'	LES MILLS BODYATTACK 55'	Fithoxe 45'	B'SPORT AQUA BIKING 45'	LES MILLS RPM 45'	STEP 50'	AQUA TONUS CORE 45'
	LES MILLS BODYCOMBAT 45'	B'SPORT AQUA BIKING 45'	LES MILLS RPM 45'	AQUA TRAINING 40'	ZEN STRETCH 45'	B'SPORT AQUA BIKING 45'	LES MILLS BODYPUMP 45'	AQUA TRAINING 45'					

DIMANCHE

Ouverture de 9h à 18h00

- renforcement musculaire
- cardio
- renforcement muscles profonds, dos
- danse

ouvert 7jours/7
 lundi/mardi/mercredi/jeudi/vendredi - 7h/22h30
 samedi et dimanche 9h/18h00
 serviette obligatoire, chaussures propres

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