

MATIN

APRÈS-MIDI

SOIR

LUNDI

🕒 OUVERTURE: 9H
FERMETURE : 22H

MARDI

🕒 OUVERTURE: 8H
FERMETURE : 22H

MERCREDI

🕒 OUVERTURE: 9H
FERMETURE : 22H

JEUDI

🕒 OUVERTURE: 8H
FERMETURE : 22H

VENDREDI

🕒 OUVERTURE: 9H
FERMETURE : 21H

SAMEDI

🕒 OUVERTURE: 9H
FERMETURE : 19H

DIMANCHE

🕒 OUVERTURE: 9H
FERMETURE : 15H

8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
		Bodysculpt 9h15 (60')	Bodybalance 10h15 (60')	Yoga 11h15 (75')	Bodypump 12h30 (45') R P M 12h30 (45')				Bodysculpt 16h30 (45')	Bodypump 17h30 (60') R P M 17h30 (45') Aquadynamic 17h30 (45')	Step 2 18h30 (60') R P M 18h30 (45') Aquabiking 18h30 (45')	CX Worx 19h30 (30') R P M 19h30 (45') Aquabiking 19h30 (45')	Bodyattack 20h (60')	
		Aquabiking 9h15 (45')	Aquabiking 10h15 (45')	Aquadynamic 11h15 (45')		Aquagym 14h (45')			Aquagym 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')	Aquabiking 20h30 (45')	
	WSC training 8h15 (45')	Bodypump 9h15 (60') R P M 9h15 (45') Aquagym 9h15 (45')	Stretching 10h15 (45') Aquabiking 10h15 (45')		Bodyattack 12h30 (45') WSC training 12h30 (45') Aquadynamic 12h30 (45')		Pilates 14h30 (45')		PK 16h45 (45')	C.A.F 17h30 (60') R P M 17h30 (45') Aquadynamic 17h30 (45')	Bodyjam 18h30 (60') R P M 18h30 (45') Aquabiking 18h30 (45')	Pilates 19h30 (45') R P M 19h30 (45') Aquabiking 19h30 (45')	Zumba 20h15 (60') Aquabiking 20h30 (45')	
											WSC training 19h (45')			
		Wellstability 9h15 (60') R P M 9h15 (45') Aquadynamic 9h15 (45')	CX Worx + Stretch 10h15 (45') Aquadynamic 10h15 (45')	Yoga 11h (75') Aquabiking 11h15 (45')	C.A.F 12h30 (45') WSC training 12h30 (45') Aquawork 12h30 (45')		Bodysculpt 14h30 (45') Aquabiking 14h (45')	Jardin d'eau 15h (60')	Zumba Family 16h (60')	Bodypump 17h30 (60') R P M 17h30 (45') Aquadynamic 17h30 (45')	L.I.A 18h30 (60') R P M 18h30 (45') Aquadynamic 18h30 (45')	Bodybalance 19h30 (60') R P M 19h30 (45') Aquabiking 19h30 (45')	Circuit training 20h30 (45') Aquabiking 20h30 (45')	
		Zumba 9h15 (45') WSC training 9h15 (30') Prénatal 9h15 (120')	Bodybalance 10h15 (60') R P M 10h15 (45')		Step 1 12h30 (45') R P M 12h30 (45') Aquabiking 12h30 (45')		Aquagym 14h (45')		CX Worx + Stretch 16h30 (45') Aquawork 16h30 (45')	Bodyattack 17h30 (60') R P M 17h30 (45') Aquabiking 17h30 (45')	Zumba 18h30 (60') R P M 18h30 (45') Aquabiking 18h30 (45')	Bodypump 19h30 (45') R P M 19h30 (45') Aquadynamic 19h30 (45')	Pole Dance 20h30 (75') Aquabiking 20h30 (45')	
											WSC training 18h (45')			
		C.A.F 9h15 (45') Aquadynamic 9h15 (45')	Pilates 10h15 (60') R P M 10h15 (45') Aquagym 10h15 (45')		CX Worx 12h30 (45') WSC training 12h30 (45') R P M 12h30 (45') Aquawork 12h30 (45')		Aquadynamic 14h (45')			WSC training 16h30 (45') Aquabiking 16h30 (45')	Bodypump 17h30 (60') R P M 17h30 (45') Aquabiking 17h30 (45')	Bodycombat 18h30 (60') R P M 18h30 (45') Aquabiking 18h30 (45')	Zumba 19h30 (45') Aquawork 19h30 (45')	
											WSC training 19h (45')			
		Bodypump 9h15 (60') Aquadynamic 9h15 (45')	R P M 10h15 (45') Aquabiking 10h15 (45')	Bodybalance 11h15 (60') Aquabiking 11h15 (45')	Aquabiking 12h30 (45')									
		Bodypump 9h15 (45') BB nageurs 9h15 (60')	C.A.F 10h15 (45') R P M 10h15 (45') Jardin d'eau 10h15 (60')	Stretching 11h15 (45') R P M 11h15 (45') Aquabiking 11h30 (45')	Aquabiking 12h30 (45')									
										Salle Cours	Plateau	RPM	Piscine	