



LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

Tôt

07h30 (45')

Power Sculpt

07h30 (45')

Cycling

07h30 (30')

Cx Worx

07h30 (60')

Body Pump

07h30 (45')

Power Sculpt

Matin

10h00 (45')

Aqua Punching

10h00 (45')

Aqua Cycling

10h00 (45')

Aqua Fitness

10h00 (45')

Aqua Cycling

10h00 (45')

Aqua Slim

10h00 (30')

Abdos Fessiers

09h30 (45')

Power Sculpt

10h00 (45')

Aqua Fitness

10h00 (60')

Pilates sculpt

10h00 (60')

Basic Forme

10h00 (45')

Zumba Fitness

10h00 (60')

Basic Forme

10h30 (30')

Stretching

10h00 (60')

Body Balance

10h30 (30')

Stretching

10h45 (15')

Abdos Express

11h00 (60')

Body Combat

11h30 (45')

Aqua Cycling

Midi

12h15 (45')

Power Sculpt

12h30 (45')

Aqua Slim

12h30 (45')

Cycling

12h30 (60')

Zumba Fitness

13h00 (60')

Body Balance

12h15 (45')

Cycling

12h15 (45')

CAF

12h30 (45')

Cycling

12h30 (60')

Body Pump

12h30 (45')

Aqua Zumba

13h00 (30')

Cx Worx

12h00 (60')

Body Pump

12h30 (30')

Abdos Fessiers

13h00 (45')

Stretching

13h00 (45')

Cycling

13h15 (45')

Aqua Cycling

12h15 (45')

Body Balance

12h15 (45')

Cycling

12h30 (45')

Aqua Punching

12h30 (60')

Body Attack

13h00 (30')

Abdos Fessiers

12h15 (45')

Cycling

12h30 (45')

CAF

12h30 (45')

Cycling

12h30 (60')

Body Pump

12h30 (45')

Body Combat

13h00 (30')

Cx Worx

12h15 (45')

Cycling

12h15 (45')

Power Sculpt

12h15 (45')

Aqua Slim

12h30 (60')

Body Combat

13h00 (45')

Stretching

13h15 (45')

Aqua Cycling

Après-midi

17h00 (45')

Aqua Cycling

17h00 (45')

Aqua Fitness

17h00 (45')

Aqua Cycling

17h00 (45')

Aqua Slim

17h00 (45')

Aqua Cycling

14h00 (45')

Aqua Cycling

15h00 (45')

Power Sculpt

15h30 (45')

Aqua Slim

15h30 (60')

Barre au Sol

16h00 (30')

Abdos Fessiers

16h30 (30')

Stretching

16h30 (60')

Modern' Jazz

17h00 (45')

Aqua Cycling

17h00 (45')

Aqua Fitness

17h00 (45')

Aqua Cycling

17h00 (45')

Aqua Slim

17h00 (45')

Aqua Cycling

14h00 (45')

Aqua Cycling

15h00 (45')

Power Sculpt

15h30 (45')

Aqua Slim

15h30 (60')

Barre au Sol

16h00 (30')

Abdos Fessiers

16h30 (30')

Stretching

16h30 (60')

Modern' Jazz

17h00 (45')

Aqua Cycling

17h00 (45')

Aqua Fitness

17h00 (45')

Aqua Cycling

17h00 (45')

Aqua Slim

17h00 (45')

Aqua Cycling

14h00 (45')

Aqua Cycling

15h00 (45')

Power Sculpt

15h30 (45')

Aqua Slim

15h30 (60')

Barre au Sol

16h00 (30')

Abdos Fessiers

16h30 (30')

Stretching

16h30 (60')

Modern' Jazz

Soir

18h00 (30')

Cx Worx

18h30 (45')

Aqua Fitness

18h30 (30')

Stretching

18h30 (60')

Zumba Fitness

19h00 (60')

Body Attack

19h00 (45')

Cycling

19h30 (30')

Abdos Fessiers

19h30 (45')

Aqua Slim

20h00 (45')

Stretching

20h00 (60')

Body Pump

18h00 (45')

Cycling

18h30 (60')

Body Balance

18h30 (45')

Aqua Fitness

19h00 (45')

Cycling

19h30 (60')

Body Attack

19h30 (45')

Aqua Punching

20h00 (45')

Stretching

20h00 (60')

Freestyle Jazz

18h00 (30')

Abdos Fessiers

18h30 (30')

Cx Worx

18h00 (45')

Power Sculpt

18h30 (60')

Body Combat

18h30 (45')

Aqua Cycling

18h45 (15')

Abdos Express

19h00 (45')

Stretching

19h30 (45')

Aqua Cycling

19h30 (60')

Body Pump

19h30 (45')

Cycling

18h00 (60')

Body Pump

18h30 (45')

Aqua Punching

18h30 (60')

Power Sculpt

19h00 (45')

Cycling

19h00 (30')

Stretching

19h30 (30')

Cx Worx

Arrêt des activités 30 min avant la fermeture du club

- Cardio
- Danse
- Force
- Mouvement
- Piscine