MATIN | APRÈS-MIDI | SOIR

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

## LUNDI
OUVERTURE: 9H
FERMETURE : 22H

- Bodysculpt 9h15 (45')
- Wellcircuit 9h15 (60')
- R P M 9h15 (45')
- Aquagym 9h15 (45')
- Stretching 10h (45')
- Aquagym 10h15 (45')
- Bodybalance 10h45 (60')
- Aquabiking 11h15 (45')
- CX Worx 11h45 (30')
- Bodypump 12h30 (60')
- Aquabiking 12h30 (45')
- Pilates 14h30 (45')
- Aquabiking 14h30 (45')
- C.A.F 16h15 (45')
- Aquabiking 16h30 (45')
- Grit Force 17h (45')
- R P M 17h15 (45')
- Aquabiking 17h30 (45')
- Step 1 17h45 (45')
- R P M 18h15 (45')
- Bodysculpt 18h30 (45')
- Aquadynamic 18h30 (45')
- Stretching 19h15 (45')
- Crossfit 19h (60')
- R P M 19h15 (45')
- Aquabiking 19h30 (45')
- Zumba 20h (45')
- Crossfit 20h (60')
- Well Jump 20h45 (30')

## MARDI
OUVERTURE: 8H
FERMETURE : 22H

- Pilates 8h30 (45')
- Bodypump 9h15 (60')
- Aquagym 9h15 (45')
- Bodybalance 10h15 (60')
- Aquabiking 10h15 (45')
- Yochiga 11h15 (60')
- Aquagym 11h15 (45')
- Zumba 12h30 (45')
- R P M 12h30 (45')
- Aquagym 12h30 (45')
- Bodysculpt 14h30 (45')
- Pilates 16h15 (45')
- Grit Cardio 17h (45')
- Bodypump 17h45 (60')
- Aquadynamic 17h30 (45')
- R P M 18h15 (45')
- Aquabiking 18h30 (45')
- Bodyattack 19h (60')
- Crossfit 19h (60')
- R P M 19h15 (45')
- Aquabiking 19h30 (45')
- Bodyjam 20h (60')
- Crossfit 20h (60')
- Bodybalance 21h (45')

## MERCREDI
OUVERTURE: 9H
FERMETURE : 22H

- C.A.F 9h15 (45')
- Wellcircuit 9h15 (60')
- R P M 9h15 (45')
- Aquabiking 9h15 (45')
- Pilates 10h (45')
- Aquagym 10h15 (45')
- Stretching 10h45 (45')
- Aquabiking 11h15 (45')
- Bodysculpt 12h30 (45')
- Aquadynamic 12h30 (45')
- Yoga 14h30 (45')
- Aquabiking 14h30 (45')
- Zumba 16h15 (45')
- Aquadynamic 17h30 (45')
- CX Worx 17h (30')
- Bodypump 17h30 (60')
- R P M 18h15 (45')
- Aquabiking 18h30 (45')
- L.I.A 2 18h45 (60')
- Crossfit 19h (60')
- R P M 19h15 (45')
- Aquabiking 19h30 (45')
- Danse Orientale 19h45 (60')
- Crossfit 20h (60')
- R P M 20h15 (45')
- Pole Dance 20h45 (60')

## JEUDI
OUVERTURE: 8H
FERMETURE : 22H

- Step 1 9h15 (45')
- Aquagym 9h15 (45')
- C.A.F 10h (45')
- Aquabiking 10h15 (45')
- Stretching 10h45 (45')
- Aquagym 11h15 (45')
- Bodybalance 12h30 (60')
- R P M 12h30 (45')
- Aquabiking 12h30 (45')
- Stretching 14h30 (45')
- Yoga 16h15 (45')
- Bodybalance 17h (60')
- Aquabiking 17h30 (45')
- Grit Plyo 18h (45')
- R P M 18h15 (45')
- Bodypump 18h45 (60')
- Aquabiking 18h30 (45')
- Crossfit 19h (60')
- R P M 19h15 (45')
- Aquadynamic 19h30 (45')
- Bodycombat 20h (60')
- Crossfit 20h (60')
- SH'BAM 21h (45')

## VENDREDI
OUVERTURE: 9H
FERMETURE : 22H

- Pilates 9h15 (60')
- Wellcircuit 9h15 (60')
- Stretching 10h15 (60')
- Aquagym 10h15 (45')
- Aquabiking 11h15 (45')
- C.A.F 12h30 (45')
- Aquagym 12h30 (45')
- C.A.F 14h30 (45')
- Pole Dance 16h15 (60')
- Bodysculpt 17h30 (45')
- Aquadynamic 17h30 (45')
- L.I.A 1 18h15 (45')
- Crossfit 18h (60')
- R P M 18h15 (45')
- Aquabiking 18h30 (45')
- Step 2 19h (60')
- R P M 19h15 (45')
- Grit Cardio 20h (45')
- Yoga 20h45 (45')

## SAMEDI
OUVERTURE: 8H
FERMETURE : 20H

- Pilates 8h30 (45')
- Aquagym 9h15 (45')
- Bodysculpt 9h15 (45')
- Bodybalance 10h (60')
- R P M 10h15 (45')
- Aquadynamic 10h15 (45')
- Bodyattack 11h (60')
- R P M 11h15 (45')
- Aquabiking 11h15 (45')
- Bodypump 12h (60')
- Aquadynamic 12h30 (45')
- R P M 14h30 (45')
- Bodysculpt 16h (45')
- C.A.F 16h45 (45')
- Stretching 17h30 (45')

## DIMANCHE
OUVERTURE: 8H
FERMETURE : 17H

- CX Worx 8h30 (30')
- Aquabiking 9h15 (45')
- Bodypump 9h15 (60')
- Bodyjam 10h15 (60')
- R P M 10h15 (45')
- Aquabiking 10h15 (45')
- Bodybalance 11h15 (60')
- R P M 11h15 (45')
- Aquagym 11h15 (45')
- Aquadynamic 12h30 (45')
- R P M 14h30 (45')
- CX Worx 15h30 (30')
- Stretching 16h (45')

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