

LUNDI

MARDI

MERCREDI


JEUDI

VENDREDI


SAMEDI



AQUA COOL
9h30 - 10h15



AQUA SCULPT
9h45 - 10h30



AQUA BIKE
10h00 - 10h45




AQUA COOL
10h00 - 10h45

BEBE NAGEUR
10h15-10h45


JARDIN AQUATIQUE
11h00 - 11h30

NATATION DEBUTANT
11h30-12h00


NATATION PERFECTIONNEMENT
12h00-12h30




AQUA BIKE
10h15 - 11h00




AQUA TONIC
10h30 - 11h15




AQUA SCULPT
10h50 - 11h35




AQUA CAF
10h45 - 11h30




AQUA TONIC
12h30 - 13h15




AQUA SCULPT
12h45 - 13h30



AQUA CAF
12h30 - 13h15




AQUA BIKE
12h30 - 13h15



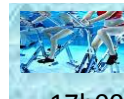
AQUA SCULPT
12h30 - 13h15



AQUA CAF
12h45 - 13h30



AQUA SCULPT
17h25 - 18h10




AQUA BIKE
17h00 - 17h45


JARDIN AQUATIQUE
16h15 - 16h45

NATATION DEBUTANTS
16h45 - 17h15


NATATION PERFECTIONNEMENT
17h15-17h45



AQUA TONIC
17h25 - 18h10



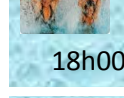
AQUA SCULPT
17h30 - 18h15




AQUA BIKE
13h30 - 14h15




AQUA TONIC
18h10 - 18h55




AQUA TONIC
18h00 - 18h45




AQUA BIKE
18h00 - 18h45



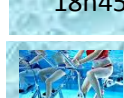
AQUA CAF
18h10 - 18h55




AQUA BIKE
18h30 - 19h15




AQUA BIKE
19h00 - 19h45



AQUA BOXE
18h45 - 19h30



AQUA CAF
19h00 - 19h45



AQUA BIKE
19h15 - 20h00

LUNDI

MARDI

MERCREDI

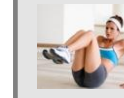
JEUDI

VENDREDI

SAMEDI



Pilates
10h15 - 11h15



C.A.F
10h00 - 10h45



LES MILLS BODY PUMP
10h00 - 11h00



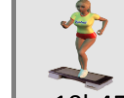
Pilates
10h30 - 11h30



LES MILLS BODY PUMP
10h45 - 11h45



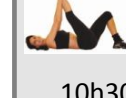
Stretch
11h15 - 11h45




STEP
10h45 - 11h30



Stretch
11h00 - 11h30




Pilates
10h30 - 11h30




LES MILLS BODY PUMP
10h45 - 11h45




C.A.F
12h30 - 13h15



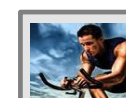
LES MILLS BODY COMBAT
12h30 - 13h15



LES MILLS BODY PUMP
12h30 - 13h15



Pilates
12h30 - 13h30



Bike
12h30 - 13h15




Bike
11h45 - 12h30




Abdos Fessier
18h00 - 18h30



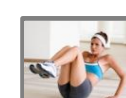
Body Sculpt
18h00 - 18h45





LES MILLS BODY COMBAT
18h00 - 18h45




Bike
18h00 - 18h45




C.A.F
18h00 - 18h45

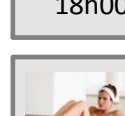
Bike + LES MILLS BODY PUMP
18h30 - 19h30




LES MILLS BODY COMBAT
18h45 - 19h30



LES MILLS BODY PUMP
18h45 - 19h45



C.A.F
19h00 - 19h45



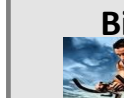
Bike + ZUMBA FITNESS
18h45- 19h30

Horaires d'ouverture :

Du lundi au vendredi
9h15 - 21h00



ZUMBA FITNESS
19h40 - 20h25



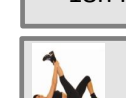
Bike
19h30 - 20h15



Stretch
19h45 - 20h15



Pilates
19h45- 20h30



Yoga
19h30 - 20h30

Le samedi
10h00 - 16h00