

LUNDI

MARDI

MERCREDI


JEUDI

VENDREDI


SAMEDI



AQUA COOL
9h30 - 10h15



AQUA SCULPT
9h45 - 10h30




AQUA BIKE
10h00 - 10h45




AQUA COOL
10h00 - 10h45


BEBE NAGEUR
10h00-10h30
10h30-11h00
JARDIN AQUATIQUE
11h00 - 11h30
NATATION DEBUTANTS
11h30-12h00
NATATION PERFECTIONNEMENT
12h00-12h30




AQUA BIKE
10h20 - 11h05




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 TONIC
18h05 - 18h50


JARDIN AQUATIQUE
16h15 - 16h45
NATATION DEBUTANTS
16h45 - 17h15
NATATION PERFECTIONNEMENT
17h15-17h45




AQUA TONIC
17h25 - 18h10




AQUA SCULPT
17h30 - 18h15



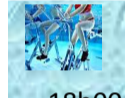
AQUA BIKE
13h30 - 14h15




AQUA TONIC
18h10 - 18h55




AQUA BOXE
18h50 - 19h35




AQUA BIKE
18h00 - 18h45




AQUA CAF
18h10 - 18h55



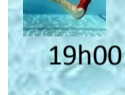
AQUA BIKE
18h30 - 19h15




AQUA BIKE
19h00 - 19h45



AQUA BIKE
19h40 - 20h25



AQUA CAF
19h00 - 19h45



AQUA BIKE
19h15 - 20h00

LUNDI

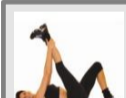
MARDI

MERCREDI


JEUDI

VENDREDI

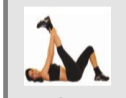
SAMEDI



Pilates
10h15 - 11h15




Step
10h00 - 10h45



Stretch
11h15 - 11h45



C.A.F
10h45 - 11h30



LES MILLS BODY PUMP
10h45 - 11h45



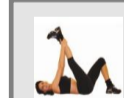
ZUMBA FITNESS
12h30 - 13h15



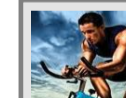
LES MILLS BODY COMBAT
12h30 - 13h15



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



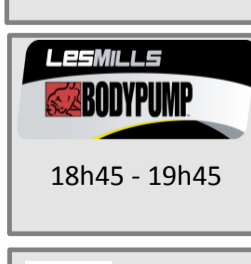
C.A.F
18h00 - 18h45




Bike
+
LES MILLS BODY PUMP
18h30 - 19h30



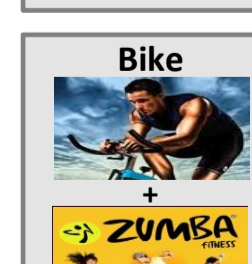
LES MILLS BODY COMBAT
18h45 - 19h30




LES MILLS BODY PUMP
18h45 - 19h45



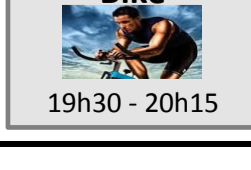
C.A.F
19h00 - 19h45



Bike
+
ZUMBA FITNESS
18h45 - 19h30



ZUMBA FITNESS
19h40 - 20h25



Bike
19h30 - 20h15



Stretch
19h45 - 20h15



Pilates
19h45 - 20h30

Horaires d'ouverture :

Du lundi au vendredi
9h15 - 21h00

Le samedi
10h00 - 16h00