











		LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
			<b>SUSPENSION</b>					
9h15	<b>GYM MINCEUR 2</b>			<b>BODYSCLPT 1</b>	<b>SPINNING + ALL BODY</b>	<b>GYM MINCEUR 2</b>		
9h30		<b>GYM DOUCE 2</b>			<b>PILATES 2</b>			
10h		<b>TENNIS TRAINING 1H30</b>			<b>TENNIS TRAINING 2H</b>			
10h30	<b>PILATES 2</b>			<b>YOGA 2</b>		<b>GYM DOUCE 2</b>	<b>SPINNING</b>	<b>SPINNING</b>
11h45	<b>AQUAGYM 45'</b>	<b>AQUAGYM 45'</b>			<b>AQUAGYM 45'</b>	<b>AQUAGYM 45'</b>		
12h		<b>AIKIDO GOLD 1</b>			<b>AIKIDO GOLD 1</b>	<b>TENNIS SENIOR</b>		
12h30	<b>AQUAGYM 45'</b>	<b>AQUAGYM 45'</b>			<b>AQUABIKE 45'</b>	<b>AQUABIKE 45'</b>		
13h30	<b>AQUA-CARDIO</b>					<b>REEDUCATION AQUATIQUE</b>		
14h30		<b>STAND UP 2</b>			<b>STRETCHING 2</b>			
17h							<b>ZUMBA 1/4</b>	<b>ZUMBA 1/4</b>
17h15							<b>AQUABIKE 45'</b>	<b>AQUABIKE 45'</b>
18h15					<b>GYM MINCEUR 2</b>			
18h30		<b>STRONG 90' SPINNING</b>			<b>ZUMBA 1</b>			
18h45	<b>AQUAGYM 45'</b> <b>INTERVAL 4</b>		<b>AQUAGYM 45'</b>			<b>AQUAGYM 45'</b>		
19h30				<b>SALSATION</b>				
20h		<b>TAI-CHI 2</b>						
	① SALLE BAS	② SALLE HAUT	 DETENT	 CARDIO	 MUSCU	 BULLES	 PISCINE	