

PLANNING DES COURS COLLECTIFS

**RENTÉE
SEPTEMBRE 2016**

LUNDI

09:30	Stretching	45'
10:15	Abdos Fessiers	30'
10:45	BODYCOMBAT	30'
12:30	BODYATTACK	45'
14:00	Pilates 1	45'
15:00	Abdos Fessiers	30'
15:30	Stretching	30'
17:00	TRAINING TIME	30'
17:30	Gym Spéciale Dos	45'
18:15	CAF	45'
19:00	ZUMBA	45'
19:45	Step 1	45'
20:30	Pilates 2	45'
20:30	TRAINING TIME	30'

FITNESS

AQUATIQUE

MARDI

09:30	CAF	45'
10:15	Pilates 1	45'
11:00	TRAINING TIME	30'
12:30	Abdos Fessiers	30'
13:00	Stretching	30'
14:00	Gym Spéciale Dos	45'
17:30	Gym Essentielle	45'
18:15	Pilates 2	45'
19:00	BODYATTACK	45'
19:45	BODYPUMP	60'

FITNESS

AQUATIQUE

MERCREDI

09:30	Pilates 2	45'
10:15	BODYATTACK	30'
10:45	BODYPUMP	30'
12:30	Step 1	45'
12:30	TRAINING TIME	30'
14:00	Gym Essentielle	45'
15:00	Pilates 1	45'
17:00	TRAINING TIME	30'
17:30	Abdos Fessiers	30'
18:00	Stretching	45'
18:45	Dance Aéro 2	45'
19:30	BODYCOMBAT	60'
20:30	CAF	45'

FITNESS

AQUATIQUE

09:30	Aqua Pilates	30'
10:00	Aqua Rythmo	30'
10:45	Aqua Training	30'
11:15	Aqua Sculpt	30'
12:30	Aqua Training	30'
14:00	AQUA BIKE	30'
15:00	Aqua Gym	30'
15:30	Aqua Rythmo	30'
17:00	Aqua Gym	30'
17:30	Aqua Boxe	30'
18:00	Aqua Training	30'
18:30	Aqua Rythmo	30'
19:00	Aqua Pilates	30'
19:45	AQUA BIKE	30'

09:30	AQUA BIKE	30'
10:15	Aqua Training	30'
10:45	Aqua Boxe	30'
11:15	Aqua Pilates	30'
11:45	Aqua Sculpt	30'
12:15	Aqua Rythmo	30'
12:45	Aqua Training	30'
13:30-15:00	AQUA MATERNITE	
15:00	Aqua Pump	30'
15:30	Aqua Rythmo	30'
17:00	Aqua Pilates	30'
17:30	Aqua Rythmo	30'
18:15	AQUA BIKE	30'
19:00	Aqua Rythmo	30'
19:30	Aqua Sculpt	30'
20:00	Aqua Training	30'

09:30	Aqua Sculpt	30'
10:00	Aqua Boxe	30'
11:00	AQUA BIKE	30'
12:30	AQUA BIKE	30'
14:00-17:00	Natation enf.	
17:30	AQUA BIKE	30'
18:15	Aqua Sculpt	30'
18:45	Aqua Rythmo	30'
19:30	Aqua Training	30'
20:00	Aqua Pilates	30'

JEUDI

09:30	ZUMBA	45'
10:15	Gym Spéciale Dos	45'
14:00	Stretching	45'
17:30	BODYATTACK	60'
18:30	Gym Essentielle	45'
19:15	Pilates 1	45'
20:00	Step 2	45'

FITNESS

AQUATIQUE

VENDREDI

09:30	Gym Spéciale Dos	45'
10:15	Stretching	45'
12:30	Pilates 1	45'
14:00	Dance Aéro 1	45'
17:00	TRAINING TIME	30'
17:00	Pilates 1	45'
17:45	Abdos Fessiers	30'
18:15	BODYCOMBAT	45'
19:00	BODYPUMP	45'
19:45	ZUMBA	45'

FITNESS

AQUATIQUE

SAMEDI

09:30	Gym Essentielle	45'
10:15	Stretching	45'
11:00	Dance Aéro 1	45'
14:00	BODYATTACK	30'
14:30	BODYPUMP	30'
15:15	ZUMBA	45'

FITNESS

AQUATIQUE

09:30	Aqua Training	30'
10:00	Aqua Gym	30'
10:30	Aqua Rythmo	30'
11:00	Aqua Pump	30'
12:30	Aqua Pilates	30'
13:00	Aqua Training	30'
15:00	Aqua Sculpt	30'
15:30	Aqua Boxe	30'
17:30	Aqua Pilates	30'
18:00	Aqua Sculpt	30'
18:45	Aqua Pump	30'
19:15	Aqua Boxe	30'
20:00	AQUA BIKE	30'

09:30	Aqua Sculpt	30'
10:00	Aqua Rythmo	30'
10:30	Aqua Training	30'
11:00	Aqua Gym	30'
12:30	Aqua Pump	30'
13:00	Aqua Boxe	30'
14:45	Aqua Training	30'
15:15	Aqua Pilates	30'
16:00	AQUA BIKE	30'
17:00	Aqua Gym	30'
17:30	Aqua Sculpt	30'
18:15	AQUA BIKE	30'
19:00	Aqua Training	30'
19:30	Aqua Boxe	30'
20:00	Aqua Pump	30'

09:30	Aqua Gym	30'
10:00	Aqua Rythmo	30'
10:45	AQUA BIKE	30'
11:30	Aqua Training	30'
12:00	Aqua Pilates	30'
14:00-17:00	Natation enf.	

HORAIRES D'OUVERTURE

Lundi et Mercredi : 9:00 - 21:30
Mardi, Jeudi, Vendredi : 9:00 - 21:00
Samedi : 9:00 - 17:00
Dimanche : 9:30 - 13:30

