

# VOTRE PLANNING DE COURS

	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h
Lundi 06h-23h		C.A.F* 09h00 (45') NATHALIE CROSS TRAINING* 08h15 (45') MATHIAS TEAM TRAINING* 09h00 (45') MATHIAS AQUA DYNAMIC* 09h00 (45') JAMEL	SWISS BALL* 10h00 (45') MATHIAS YOGA DOUX* 09h45 (1h15') CHLOÉ RPM* 10h00 (45') NATHALIE AQUA WORK* 10h00 (45') JAMEL	PILATES 11h00(45') MATHIAS AQUA BIKING* 11h00 (45') JAMEL		BODYPUMP* 12h30 (45') NATHALIE BOXING* 12h30 (45') ÖNDER OXYGÈNE RIDE* 12h30 (45') SARA AQUA BIKING* 12h30 (45') JAMEL		PILATES 14h00 (45') NATHALIE AQUA GYM* 13h45 (45') JAMEL		SWISS BALL* 16h30 (45') NATHALIE TEAM TRAINING* 15h45 (45') NATHALIE GRIT* 16h45 (30') SARA AQUA TRAINING* 16h30 (45') YOHANN	BODY PUMP* 17h30 (1h00') JAMEL PILATES* 17h30 (45') JOSEPHINE RPM* 17h30(45') NATHALIE AQUA BIKING* 17h30 (45') YOHANN	BODY ATTACK 18h30 (1h00') JOSEPHINE FIT BOXING* 18h30 (1h00') ÉLÉONORE OXYGÈNE RIDE* 18h30 (45') ANTOINE AQUA DYNAMIC* 18h30 (45') MATTHIEU EVEREST RUN DÉBUTANT* 18h30 (1h00') JÉRÉMY	AÉRO INTER / AVANCÉ * 19h30 (1h00') ALEXIS POLE DANCE AVANCÉ * 19h30 (1h30') MARION SPRINT* 19h30 (30') ÉLÉONORE AQUA TONUS* 19h30 (45') MATTHIEU	BODY BALANCE 20h30 (45') JOSEPHINE
Mardi 06h-23h		LES MILLS CORE* 09h15 (45') ÉLÉONORE GRIT* 09h15 (30') WALID SPRINT* 08h30 (30') ÉLÉONORE AQUA BIKING* 09h00 (45') MATTHIEU	STRETCHING 10h00 (45') JOSEPHINE TEAM TRAINING* 10h00 (45') WALID AQUA BIKING* 10h00 (45') MATTHIEU		CROSS TRAINING* 11h00 (45') WALID AQUA WORK* 11h00 (45') MATTHIEU	BODY ATTACK 12h30 (45') ÉLÉONORE / JOSEPHINE CROSS TRAINING* 12h30 (45') KEVIN RPM* 12h30 (45') NATHALIE AQUA DYNAMIC* 12h30 (45') MATTHIEU		NAGE LIBRE* 14h00 (45') MATTHIEU		M.E.C* 16h00 (45') NATHALIE BODY SCULPT* 16h45 (45') JOSEPHINE CROSS TRAINING* 16h45(45') ANTOINE NAGE LIBRE FEMMES* 16h30 (45') WALID	YOGA* 17h30 (1h00') ÉLÉONORE FUNCTIONAL MOBILITY 17h30 (45') JOSEPHINE OXYGÈNE RIDE* 17h30 (45') MATHIAS AQUA TRAINING* 17h30 (45') WALID EVEREST RUN* 17h30 (1h00') BRUNO	BODY COMBAT 18h30 (1h00') ÉLÉONORE CROSS TRAINING* 18h30 (45') JOSEPHINE RPM* 18h30 (45') NATHALIE AQUA WORK* 18h30(45') YOHANN	STRETCHING* 19h30(45') JOSEPHINE AQUA BIKING* 19h30 (45') WALID	TEAM TRAINING* 20h30 (45') BRUNO NAGE LIBRE* 20h30 (45') JAMEL
Mercredi 06h-23h		BODY PUMP* 09h00 (1h00') MATHIAS OXYGÈNE RIDE* 09h00 (45') JOSEPHINE AQUA TRAINING* 09h00(45') WALID	BODY BALANCE 10h00(1h00') MATHIAS CROSS TRAINING* 10h00 (45') JOSEPHINE AQUA WORK* 10h00(45') WALID	SWISS BALL* 11h00 (45') MONTASSAR AQUA BIKING* 11h00 (45') WALID		STEP DÉBUTANT* 12h30 (45') MONTASSAR BODY BALANCE* 12h30(45') NATHALIE AQUA BIKING* 12h30(45') YOHANN CIRCUIT TRAINING* 12h30 (45')			Kids BABY GYM* 15h30 (45') Nathalie	Kids MOVE KID* 16h30 (45') JOSEPHINE TEAM TRAINING* 16h30 (45') MATHIAS RPM* 16h30(45') ÉLÉONORE	C.A.F* 17h30 (1h00') MATHIAS BODY BALANCE 17h30 (45') ÉLÉONORE RPM* 17h30 (45') NATHALIE AQUA BIKING* 17h30 (45') PAUL	ZUMBA 18h30(45') MONTASSAR GRIT* 18h30(30') ÉLÉONORE OXYGÈNE RIDE* 18h30(45') BRUNO AQUATONUS* 18h30(45') PAUL EVEREST RUN* 18h30 (1h00') JÉRÉMY	STEP INTER / AVANCÉ* 19h15 (45') MONTASSAR BOXING ADVANCE* 19h30 (1h00') TOMMY AQUA WORK* 19h30 (45') PAUL	BACHATA 20h00 (1h00') MONTASSAR CROSS TRAINING* 20h30(45')
Jeudi 06h-23h		PILATES* 09h00 (45') ÉLÉONORE TEAM TRAINING* 08h15 (45') BRUNO BOXING* 09h15 (1h00') ÖNDER OXYGENE RIDE* 09h15 (45') BRUNO AQUA WORK* 09h00(45') MATTHIEU	AÉRO DÉBUTANT 10h00 (1h00') MONTASSAR GRIT* 10h30 (30') SARA AQUA DYNAMIC* 10h00 (45') MATTHIEU		BODY PUMP* 12h30 (45') ÉLÉONORE TEAM TRAINING* 12h30 (45') BRUNO SPRINT* 12h30 (30') SARA AQUA TRAINING* 12h30 (45') WALID		AQUA DYNAMIC* 13h45 (45') WALID			BODY PUMP* 16h45 (45') JOSEPHINE TEAM TRAINING* 16h45(45') BRUNO AQUA BIKING* 16h30(45') JAMEL	STEP/AÉRO DÉBUTANT 17h30 (1h00') ALEXIS BOXING* 17h30 (1h00') BAASSANBAT OXYGÈNE RIDE* 17h30 (45') JOSEPHINE AQUA DYNAMIC* 17h30 (45') JAMEL	BODY JAM 18h30 (1h00') JOSEPHINE TEAM TRAINING* 18h30(45') PAUL OXYGÈNE RIDE* 18h30 (45') ANTOINE AQUA GYM* 18h30 (45') JAMEL	STEP/ AÉRO DÉBUTANT / INTER 19h30 (1h00') ALEXIS GRIT* 19h30 (30') ANTOINE SPRINT* 19h30(30') JAMEL NAGE LIBRE* 19h30 (45') WALID	POLE DANCE DÉBUTANT * 20h15 (1h00') MARION
Vendredi 06h-23h		SWISS BALL* 09h00 (45') NATHALIE CROSS TRAINING* 09h00 (45') JOSEPHINE AQUA TRAINING* 09h00(45') PAUL	STRETCHING 10h00(1h00') ÉLÉONORE TEAM TRAINING* 10h00 (45') JOSEPHINE RPM* 10h00 (45') ANTOINE AQUA BIKING* 10h00 (45') PAUL EVEREST WALK 10h00 (2h00') NATHALIE		BODY COMBAT 12h30 (45') ÉLÉONORE / MATHIAS YOGA DYNAMIQUE * 12h30(1h00') CHLOÉ OXYGÈNE RIDE* 12h30(45') NATHALIE AQUA WORK* 12h30(45') PAUL		AQUA WORK* 13h45 (45') WALID			CROSS TRAINING* 16h00 (45') MATHIAS GRIT* 16h45 (30') ÉLÉONORE C.A.F* 16h45 (30') MATHIAS AQUA TRAINING* 16h30 (45') WALID	LES MILLS CORE* 17h30 (45') ÉLÉONORE CROSS TRAINING* 17h30 (45') JOSEPHINE OXYGÈNE RIDE* 17h30(45') ANTOINE AQUA WORK* 17h30 (45') WALID	BODY PUMP* 18h30 (45') JOSEPHINE CROSS TRAINING* 18h30 (45') ANTOINE AQUA BIKING* 18h30(45') WALID	SH'BAM 19h15(45') MATHIAS FUNCTIONAL MOBILITY 19h30 (45') JOSEPHINE	
Samedi 06h-19h		BODY PUMP* 09h00 (1h00') MATHIAS TEAM TRAINING* 09h00 (45') NAGE LIBRE* 09h00 (45')		BODY BALANCE 11h00 (1h00') MATHIAS OXYGÈNE RIDE* 10h00 (45') MATHIAS AQUA DYNAMIC* 10h00 (45') CIRCUIT TRAINING* 10h00 (45')		C.A.F* 12h30(45') MATHIAS AQUA BIKING* 12h00 (45') NAGE LIBRE* 13h00 (45')		BODY PUMP* 14h30(45') MATHIAS CROSS TRAINING* 15h30 (45')						
Dimanche 06h-19h		BODY PUMP* 09h00 (45') CROSS TRAINING* 09h00 (45')	C.A.F* 10h00(45')	STRETCH 11h00(45')		OXYGÈNE RIDE* 10h00 (45')								
		Kids AQUA BABY* 08h45 (45')	Kids AQUA KID* 09h30 (45')	Kids AQUA BABY* 10h15 (45')	Kids AQUA KID* 11h00 (45')		AQUA BIKING* 12h00 (45')		NAGE LIBRE 13h00 (45h')					

\* Cours avec réservation

EUPHORIA    ATHLETICA    LE K2 CYCLING    AQUA    À L'EXTÉRIEUR    MUSCULATION

\* Planning pouvant être modifié à tout moment en cas de force majeure (travaux absence d'un coach...)