## SPORT

## **PLANNING SEPTEMBRE 2016 JUILLET 2017**

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30	FIINESS	FISCINE	FIINESS	FISCINE	FITNESS	FISCINE	FITNESS	FISCINE	FIINESS	FISCINE
10h30	RPM. 45'		Sculpt 45'				PILATES  45'			AQUADYNAMIC 45'
11h30		45'		AQUA CO TONUS RE				AQUA BIKING 45'	Cuisses <sub>Abdos</sub> Fessiers	AQUACOOL 45'
12h30										
13h00 13h30	PILATES 45'	AQUA BIKING  45'	CXWORX 30' STRETCHING 30'		RPM. 45'	<b>45</b> '	BODYPUMP 45'	AQUADYNAMIC 45'	RPM. 45'	AQUA BIKING 45'
						NATATION DEBUTANT				
17h00						Enfants Adultes 13h30- 17h30				
17h30			Cuissasas	NATATION LIBRE 17h-18h					PILATES	
18h00			ADdos Fessiers 30'	1711-1011		Planare	LESMILLS		55'	
18h30	BODYPUMP POPULE SOUTH	AQUA BIKING	SH'BAM	AQU/W	BODYBALANCE Training	AOUA BIKING	CXWORX 30'	AQUADYNAMIC		AOUA BIKING
19h00	CXWORX 45'	45'	45'	45'	55' 45' LESMILLS LESMILLS	45'	BODYCOMBAT.  30' LESMILLS	45'	45'	45'
20h00	BODYBALANCE Training  55' 45'	AQUADYNAMIC 45'	BODYPUMP 55' LESMILS	AQUA BIKING 45'	BODYCOMBAT.  55'  A5'	45'	19H15-20h00 45'	AQUA BIKING 45'	SH'BAM 45'	AQUADYNAMIC 45'
	LESMILLS BODYCOMBAT.  55'	AQUA BIKING 45'	PILATES RPM.		45'	NATATION LIBRE	BODYPUMP 55'			

renforcement musculaire cardio renforcement muscles profonds, dos

danse

ouvert 7jours/7 lundi/mardi/mercredi/jeudi/vendredi - 9h/21h samedi - 9h/13h30 dimanche - 9h/13h30

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