

	LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h30												
10h30	LES MILLS RPM		Body Sculpt			B'SPORT AQUA BIKING	B'SPORT PILATES		Cuisses Abdos Fessiers		LES MILLS RPM	
11h30		AQUA BODY		AQUA TONUS CORE	LES MILLS BODYBALANCE			B'SPORT AQUA BIKING		AQUADYNAMIC	LES MILLS BODYPUMP	
12h30									CROSS TRAINING			AQUA BODY
13h00	B'SPORT PILATES	B'SPORT AQUA BIKING	LES MILLS BODYATTACK	B'SPORT AQUA BIKING	LES MILLS RPM	AQUA BODY	LES MILLS BODYPUMP	AQUA TRAINING	LES MILLS RPM	B'SPORT AQUA BIKING		B'SPORT AQUA BIKING
13h30	45'	45'	45'	45'	45'	45'	45'	35'	45'	45'		45'
17h00						LEÇONS NATATION Enfants Adultes 13h30-17h30					DIMANCHE Ouverture de 9h à 13h30	
17h30												
18h00												
18h30	LES MILLS BODYPUMP	LES MILLS RPM	B'SPORT AQUA BIKING	LES MILLS SH'BAM	AQUA BODY	LES MILLS BODYBALANCE	CROSS TRAINING	B'SPORT AQUA BIKING	LES MILLS SH'BAM	AQUADYNAMIC	LES MILLS RPM	B'SPORT AQUA BIKING
19h00	55'	45'	45'	45'	45'	55'	45'	45'	45'	45'	45'	45'
20h00	LES MILLS BODYBALANCE	FITBOX	AQUADYNAMIC	LES MILLS BODYPUMP	B'SPORT AQUA BIKING	LES MILLS BODYCOMBAT	LES MILLS RPM	AQUA BODY	LES MILLS BODYATTACK	B'SPORT AQUA BIKING	LES MILLS BODYBALANCE	AQUA TONUS CORE
	55'	45'	45'	55'	45'	55'	45'	45'	55'	45'	45'	45'
	LES MILLS BODYCOMBAT	B'SPORT AQUA BIKING	B'SPORT PILATES	LES MILLS RPM	AQUA TRAINING	STEP CARDIO			LES MILLS BODYPUMP			
	45'	45'	45'	45'	35'	45'			45'			

- renforcement musculaire
- cardio
- renforcement muscles profonds, dos
- danse

ouvert 7j/7
 lundi/mardi/mercredi/jeudi/vendredi - 7h/22h30
 samedi - 9h/13h30
 dimanche - 9h/13h30

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Suivez-nous !
 sur  et sur
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