



FITNESS

AQUA WELLNESS

PISCINE - SPA - FITNESS

AQUA WELLNESS
FITNESS SOFT

1

ZUMBA kids

1

AQUA WELLNESS
BODYFIT'

1

AQUA WELLNESS
PILATES

3

LES MILLS
BODYCOMBAT

3

LES MILLS
BODYATTACK

4

LES MILLS
CXWORX

5

LES MILLS
BODYBALANCE

6

LES MILLS
BODYPUMP

6

LES MILLS
RPM

9

39
cours

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09H30-10H15		09H30-10H15			09H30-10H15
LES MILLS BODYBALANCE		LES MILLS BODYPUMP			LES MILLS BODYBALANCE
	10H15-10H45 30"		10H15-11H00	10H15-11H00	10H30-11H15
	LES MILLS BODYATTACK		AQUA WELLNESS BODYFIT'	AQUA WELLNESS PILATES	LES MILLS BODYPUMP
	10H45-11H15 30"		11H15-12H00		11H30-11H15
	LES MILLS CXWORX		AQUA WELLNESS FITNESS SOFT		LES MILLS RPM
12H15-13H00	12H30-13H15	12H15-12H45 30"	12H30-13H15	12H15-12H45 30"	
LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	
LES MILLS RPM		12H45-13H15 30"		12H50-13H20 30"	
		LES MILLS CXWORX		LES MILLS RPM	
		14H45-15H30			14H00-15H45
		ZUMBA kids			Anniversaire Enfants
	17H30-17H50 20"				
	LES MILLS CXWORX				
18H00-18H30 30"	18H00-18H45	18H00-18H45	18H00-18H45	18H00-18H45	
LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYPUMP	
LES MILLS CXWORX	LES MILLS RPM				
19H00-19H45	19H00-19H45	19H00-19H45	19H00-19H45	19H45-20H15 30"	19H00-19H45
LES MILLS RPM	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS PILATES	LES MILLS BODYCOMBAT
				LES MILLS CXWORX	
20H00-20H45	20H00-21H00	20H00-21H00	20H15-21H00	20H00-20H30	
AQUA WELLNESS PILATES	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS RPM	



DUREE COURS - 20 MIN/30 MIN/ 1H