



FITNESS

# AQUA WELLNESS

PISCINE - SPA - FITNESS

33  
cours

LES MILLS BODYCOMBAT	3
ZUMBA FITNESS	4
AQUA WELLNESS FLASH ABDO	2
LES MILLS RPM	8
LES MILLS BODYPUMP	5
AQUA WELLNESS PILATES	3
LES MILLS BODYVIVE	4
AQUA WELLNESS FITNESS SOFT	2
PILOXING	2

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					09H45-10H30 ZUMBAkids
10H15-11H00 LES MILLS BODYVIVE	10H15-11H00 AQUA WELLNESS FITNESS SOFT	10H15-11H00 LES MILLS BODYVIVE		10H15-11H00 AQUA WELLNESS PILATES	10H45-11H30 ZUMBA FITNESS
			11H15-12H00 AQUA WELLNESS FITNESS SOFT		11H45-12H30 LES MILLS BODYPUMP
12H15-13H00 LES MILLS BODYCOMBAT / LES MILLS RPM	12H30-13H15 ZUMBA FITNESS	12H15-13H00 LES MILLS BODYVIVE	12H20-13H20 PILOXING	12H15-12H45 LES MILLS BODYPUMP	12H45-13H30 LES MILLS RPM
		14H45-15H30 ZUMBAkids		12H45-13H15 LES MILLS RPM	14H00-15H45 Anniversaire Enfants 
	17H30-17H50 AQUA WELLNESS FLASH ABDO		17H30-17H50 AQUA WELLNESS FLASH ABDO		
18H00-18H45 LES MILLS BODYVIVE	18H00-18H45 LES MILLS RPM	18H00-18H45 ZUMBA FITNESS	18H00-18H45 LES MILLS RPM	18H00-18H45 LES MILLS BODYPUMP	
19H00-19H45 ZUMBA FITNESS / LES MILLS RPM	19H00-20H00 PILOXING	19H00-19H45 LES MILLS BODYPUMP / LES MILLS RPM	19H00-19H45 AQUA WELLNESS PILATES	19H00-19H45 LES MILLS BODYCOMBAT	
20H00-20H45 AQUA WELLNESS PILATES	20H00-21H00 LES MILLS BODYPUMP	20H00-21H00 LES MILLS BODYCOMBAT		20H00-20H30 LES MILLS RPM	

DUREE COURS - 20 MIN/30 MIN/ 1H