



FITNESS

AQUA WELLNESS

PISCINE - SPA - FITNESS

AQUA WELLNESS

1 FITNESS SOFT

1 FLASH ABDO

2 BODYFIT'

1 STRETCHING

3 PILATES

LES MILLS

3 BODYCOMBAT

4 BODYJAM

3 CX WORX

3 BODYBALANCE

4 BODYATTACK

5 BODYPUMP

8 RPM

38
COURS



DURÉE COURS - 20MIN/30 MIN/1H

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10H15-11H00	10H15-11H00	10H15-11H00	10H15 - 11h00	10H15-11H00	10H15-11H00
LES MILLS BODYBALANCE	AQUA WELLNESS BODYFIT'	AQUA WELLNESS STRETCHING	AQUA WELLNESS BODYFIT'	AQUA WELLNESS PILATES	LES MILLS BODYPUMP
			11H15 - 12h00		11H15-12H00
			AQUA WELLNESS FITNESS SOFT		LES MILLS RPM
12H15-13H00	12H30-13H15 12H15-13H00	12H30-13H00	12H30 - 13h15	12H15-12H45	
LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	LES MILLS BODYJAM	LES MILLS BODYPUMP	
		13H00 - 13H30		12H50-13H20	
		LES MILLS CX WORX		LES MILLS RPM	
		14H45-15H30			
		ZUMBA kids			
	17H30-17H50		17H30-18H00		
	AQUA WELLNESS FLASH ABDO		LES MILLS CX WORX		
18H00-18H30 18H30-19H00	18H00-18H45	18H00-18H45	18H00-18H45 18H30-19H15	18H00-18H45	
LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS RPM	LES MILLS BODYATTACK	LES MILLS BODYPUMP	
LES MILLS CX WORX		LES MILLS BODYJAM	LES MILLS RPM		
19H00-19H45 19H10-20H00	19H00-19H45	19H00-19H45	19H00-19H45	19H00-19H45	
LES MILLS RPM	LES MILLS BODYJAM	LES MILLS BODYPUMP	LES MILLS RPM	AQUA WELLNESS PILATES	LES MILLS BODYCOMBAT
20H00-20H45	20H00-21H00	20H00-21H00	19H45-20H30		
AQUA WELLNESS PILATES	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYJAM		