



FITNESS

AQUA WELLNESS

PISCINE - SPA - FITNESS

- AQUA WELLNESS**
- 1 FLASH ABDO
 - 2 CROSS TRAINING
 - 3 STRETCHING
 - 3 PILATES
 - 2 STREET DANCE
- LES MILLS**
- 3 BODYCOMBAT
 - 3 CX WORX
 - 4 BODYBALANCE
 - 2 BODYATTACK
 - 5 BODYPUMP
 - 7 RPM

34 COURS



DURÉE COURS - 20MIN/30 MIN/1H



COURS OUVERTS AU SOFT-PASS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	10H15-11H00	10H15-11H00		10H15-11H15	10H15-11H00
	AQUA WELLNESS CROSS TRAINING	AQUA WELLNESS STRETCHING		AQUA WELLNESS PILATES	LES MILLS BODYPUMP
11H15-12H00					11H15-12H00
LES MILLS BODYBALANCE					LES MILLS RPM
12H15-13H00	12H15-13H00 12H30-13H15	12H30-13H00	12H30 - 13h15	12H15-12H45	
LES MILLS BODYCOMBAT	LES MILLS RPM	LES MILLS BODYBALANCE	AQUA WELLNESS CROSS TRAINING	LES MILLS BODYBALANCE	LES MILLS BODYPUMP
		13H00 - 13H30		12H50-13H20	
		LES MILLS CX WORX		LES MILLS RPM	
	17H30-17H50		17H30-18H00		
	AQUA WELLNESS FLASH ABDO		LES MILLS CX WORX		
18H00-18H30 18H30-19H00	18H15-19H00	18H00-18H45	18H15-19H00	18H00-18H45	
LES MILLS BODYATTACK	LES MILLS CX WORX	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYATTACK	LES MILLS BODYPUMP
19H00-19H45	19H10-19H55	19H00-19H45	19H15-20H15	19H00-19H45	
LES MILLS RPM	STREET Dance	AQUA WELLNESS STRETCHING	LES MILLS BODYPUMP	LES MILLS RPM	AQUA WELLNESS PILATES
20H00-21H00	20H00-21H00	20H00-21H00	20H15-21H00		
AQUA WELLNESS PILATES	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	STREET Dance		