



FITNESS

41
cours

AQUA WELLNESS

PISCINE - SPA - FITNESS

AQUA WELLNESS
FITNESS SOFT

AQUA WELLNESS
FLASH ABDO

AQUA WELLNESS
BODYFIT'

AQUA WELLNESS
STRETCHING

AQUA WELLNESS
PILATES

1
2
2
2
4

LES MILLS
BODYCOMBAT

LES MILLS
BODYJAM

LES MILLS
CKWORK

LES MILLS
BODYBALANCE

LES MILLS
BODYATTACK

LES MILLS
BODYPUMP

LES MILLS
RPM

3
3
3
4
4
5
8



DUREE COURS - 20 MIN/30 MIN/ 1H

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09H30-10H15					09H30-10H15
LES MILLS BODYBALANCE					LES MILLS BODYBALANCE
	10H15-11H00	10H15-11H00	10H15-11H00	10H15-11H00	10H30-11H15
	AQUA WELLNESS BODYFIT'	AQUA WELLNESS STRETCHING	AQUA WELLNESS BODYFIT'	AQUA WELLNESS PILATES	LES MILLS BODYPUMP
			11H15-12H00		11H30-12H15
			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 CKWORK		LES MILLS RPM	
		14H45-15H30			14H00-15H45
		ZUMBA kids			Anniversaire enfants
	17H30-17H50		17H30-17H50		
	AQUA WELLNESS FLASH ABDO		AQUA WELLNESS FLASH ABDO		
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 BODYJAM	LES MILLS BODYATTACK	LES MILLS BODYPUMP
19H00-19H45 19H15-20H00	19H00-19H45	19H00-19H45	19H00-19H45 19H45-20H15	19H00-19H45	
LES MILLS RPM	LES MILLS BODYJAM	LES MILLS BODYATTACK	LES MILLS RPM	LES MILLS PILATES	LES MILLS BODYCOMBAT
20H00-20H45	20H00-21H00	20H00-21H00	20H15-21H00		
AQUA WELLNESS PILATES	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	AQUA WELLNESS STRETCHING		