

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
08h00 45mn Aqua bike	08h30 45mn Aqua palming	08h30 45mn Aqua bike	08h30 45mn Aqua bike	08h00 45mn Aqua boxing
08h30 45mn Body sculpt	9h00 45mn Pilates	08h45 45mn Caf	08h30 45mn Caf	09h00 45mn Circuit training
09h00 45mn Aqua bike	9h30 45mn Aqua bike	09h30 45mn Aqua bike	09h15 45mn Stretching	09h00 45mn Aqua bike
09h30 45mn Stretching	10h00 45mn Circuit training	09h45 45mn Pilates	09h30 45mn Aqua training	10h00 45mn Aqua palming
10h00 45mn Aqua training	11h00 45mn Streching	10h30 45mn Aqua bike	10h00 45mn Pilates	10h00 45mn Pilates
10h30 45mn Body sculpt	11h00 60mn Point coaching	10h45 30mn Spinning	10h30 45mn Aqua bike	11h00 60mn Point coaching
11h30 30mn Spinning	11h00 45mn Aqua bike	11h00 60mn Point coaching	11h00 45mn Body sculpt	11h00 45mn Fit dance
12h00 30mn Spinning	12h00 45mn Aqua bike	12h00 45mn Aqua training	11h50 30mn Spinning	12h00 45mn Aqua boxing
12h00 45mn Aqua fitness	12h00 30mn Spinning	12h15 45mn Caf	12h00 45mn Aqua bike	12h00 60mn Yoga intermédiaire
12h30 60mn Yoga intermédiaire	12h30 60mn Cross training	13h00 45mn Aqua palming	12h30 60mn Yoga intermédiaire	12h15 45mn Cross training
12h35 60mn Point coaching	12h45 45mn Body sculpt	13h00 45mn Zumba	12h30 60mn Point coaching	13h00 45mn Aqua fitness
13h00 45mn Aqua bike	13h00 45mn Aqua bike		12h35 60mn Cross training	13h10 45mn Pilates
			13h00 45mn Aqua fitness	
17h00 60mn Nage libre	17h00 60mn Point coaching	17h00 45mn Yoga	17h00 60mn Point coaching	17h30 45mn Pilates
17h15 45mn Spinning	17h00 60mn Nage libre	17h00 60mn Nage libre	17h00 45mn Aqua bike	17h00 60mn Nage libre
18h00 60mn Point coaching	18h00 45mn Strong	17h45 60mn Point coaching	18h00 45mn Aqua bike	17h00 60mn Point coaching
18h00 45mn Aqua fitness	18h00 45mn Aqua bike	18h00 45mn Aqua palming	18h00 45mn Pilates	18h15 45mn Body sculpt
18h15 45mn Drum stick	18h45 60mn Yoga intermédiaire	18h00 45mn Caf	18h45 60mn Yoga intermédiaire	18h00 45mn Aqua boxing
19h00 45mn Aqua boxing	19h00 45mn Aqua bike	18h45 45mn Pilates	19h00 60mn Cross training	19h00 45mn Stretching
19h00 60mn Burning camp		19h00 45mn Aqua bike	19h00 60mn Aqua training	19h00 45mn Aqua bike
19h15 45mn Ultra zen		19h00 60mn Cross training		

SAMEDI
08h00 45mn Aqua bike
09h00 45mn Aqua bike
09h00 45mn Stretching
10h00 60mn Cross training
10h00 45mn Aqua bike
10h30 90mn Yoga ashtanga
11h00 45mn Aqua bike
12h00 45mn Aqua fitness
DIMANCHE
09h00 45mn Body sculpt
09h15 45mn Aqua bike
09h50 30mn Spinning
10h15 45mn Aqua bike
10h30 45mn Yoga intermédiaire
10h30 60mn Cross training
11h15 45mn Aqua bike
12h15 45mn Aqua boxing

