

	lundi		mardi		mercredi		jeudi		vendredi		samedi	
	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
9h	09:15 <b>GYM</b>	09:00 <b>NAGE LIBRE</b>	09:15 <b>BODY PUMP</b>		09:15 <b>STRETCHING</b>	09:30 <b>NAGE LIBRE</b>	09:15 <b>GYM BALL</b>		09:15 <b>CROSS TRAINING</b>		09:15 <b>ABDOS FESSIERS</b>	09:00 <b>NAGE LIBRE</b>
10h	10:15 <b>GYM BALL</b>	10:15 <b>AQUA GYM</b>	10:15 <b>STRETCHING</b>	10:15 <b>AQUA GYM</b>	10:15 <b>CAF</b>	10:15 <b>AQUA BIKE</b>	10:15 <b>GYM</b>	10:15 <b>AQUA BIKE</b>	10:15 <b>STRETCHING</b>	10:15 <b>AQUA GYM</b>	10:00 <b>BODY PUMP</b>	10:15 <b>AQUA BIKE</b>
11h	<b>RADICAL VIRTUAL</b>	11:15 <b>AQUA FITNESS</b>	11:00 * <b>YOGA</b>	11:00 <b>NAGE LIBRE</b>	11:00 * <b>PILATES</b>	11:15 <b>AQUA FUSION</b>	<b>RADICAL VIRTUAL</b>	11:00 <b>NAGE LIBRE</b>	<b>RADICAL VIRTUAL</b>	11:15 <b>AQUA FITNESS</b>	11:00 <b>STRETCHING</b>	11:15 <b>AQUA FITNESS</b>
12h		<b>NAGE LIBRE</b>		<b>NAGE LIBRE</b>				<b>NAGE LIBRE</b>		<b>NAGE LIBRE</b>		
13h	12:30 <b>RPM</b>	12:30 * <b>PILATES</b>	12:30 <b>AQUA BIKE</b>	12:30 <b>AQUA BIKE</b>	12:30 <b>RPM</b>	<b>NAGE LIBRE</b>	12:30 <b>ABDOS FESSIERS</b>	12:30 <b>AQUA BIKE</b>	12:30 <b>BODY PUMP</b>	12:30 <b>AQUA BIKE</b>	<b>RADICAL VIRTUAL</b>	
14h	<b>RADICAL VIRTUAL</b>				<b>RADICAL VIRTUAL</b>				<b>RADICAL VIRTUAL</b>			
15h			<b>RADICAL VIRTUAL</b>				<b>RADICAL VIRTUAL</b>		<b>RADICAL VIRTUAL</b>		14:15 <b>CROSS TRAINING</b>	
16h	<b>RADICAL VIRTUAL</b>				<b>RADICAL VIRTUAL</b>				<b>RADICAL VIRTUAL</b>		<b>RADICAL VIRTUAL</b>	
17h												
18h	17:30 <b>CARDIO STEP</b>	<b>NAGE LIBRE</b>	17:30 <b>CROSS TRAINING</b>	<b>NAGE LIBRE</b>	17:30 <b>CAF</b>	<b>NAGE LIBRE</b>	17:30 <b>Initiation STEP</b>	<b>NAGE LIBRE</b>	17:30 <b>STRETCHING</b>	17:00 <b>NAGE LIBRE</b>		
19h	18:30 <b>BODY PUMP</b>	18:15 <b>AQUA BOXING</b>	18:15 <b>STRONG by ZUMBA</b>	18:15 <b>AQUA POWER</b>	18:15 <b>RPM</b>	18:15 <b>AQUA BIKE</b>	18:15 <b>ZUMBA</b>	18:15 <b>AQUA FUSION</b>	18:00 <b>CARDIOBOXE</b>	18:15 <b>AQUA BIKE</b>		
20h	19:15 <b>RPM</b>	19:15 <b>AQUA BIKE</b>	19:00 <b>ABDOS FESSIERS</b>	<b>NAGE LIBRE</b>	18:45 <b>CARDIO STEP</b>	<b>NAGE LIBRE</b>	19:15 * <b>PILATES</b>	19:15 <b>AQUA BOXING</b>	18:45 <b>STICK POUND</b> OU <b>HIT MOV'</b>			
21h					19:30 <b>CARDIOBOXE</b>	19:15 <b>AQUA FITNESS</b>			19:30 * <b>YOGA</b>			

### Horaires d'ouverture

Du lundi au vendredi :  
9:00 à 21:00  
Le samedi :  
9:00 à 18:00

\* Prestataire extérieur, activité soumise à condition. Planning non contractuel et susceptible de modifications.

