

LUNDI

MARDI




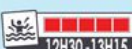







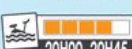
MERCREDI






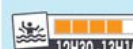





JEUDI








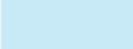



VENDREDI






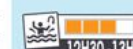






SAMEDI

FITNESS	PISCINE
 <p>09H30-10H20</p> <p>ABDOS FESSIERS</p>	 <p>09H30-10H15</p> <p>AQUA BODY</p>
 <p>10H30-11H20</p> <p>PILATES</p>	 <p>10H30-11H15</p> <p>AQUABIKE TRAINING <small>résa internet</small></p>
 <p>12H30-13H20</p> <p>GLOBAL TRAINING</p>	 <p>12H30-13H15</p> <p>AQUABIKE TRAINING <small>résa internet</small></p>
 <p>17H30-18H00</p> <p>ABDOS FESSIERS</p>	 <p>17H00-17H45</p> <p>AQUA BODY</p>
 <p>18H00-18H50</p> <p>RPM <small>résa internet</small></p>	 <p>17H45-18H30</p> <p>AQUA BODY</p>
 <p>19H00-19H50</p> <p>BODY PUMP</p>	 <p>18H45-19H30</p> <p>AQUA MINCEUR</p>
 <p>20H00-20H50</p> <p>PILATES</p>	 <p>19H45-20H30</p> <p>AQUABIKE <small>résa internet</small></p>

FITNESS	PISCINE
 <p>10H00-10H50</p> <p>BODY BALANCE</p>	 <p>09H30-10H15</p> <p>AQUA BODY</p>
 <p>12H30-13H20</p> <p>RPM <small>résa internet</small></p>	 <p>12H30-13H15</p> <p>AQUA MINCEUR</p>
 <p>17H50-18H20</p> <p>CIRCUIT TRAINING</p>	 <p>17H00-17H45</p> <p>AQUA BODY</p>
 <p>18H30-19H20</p> <p>ZUMBA</p>	 <p>18H00-18H45</p> <p>AQUA DYNAMIC</p>
 <p>19H00-19H50</p> <p>RPM <small>résa internet</small></p>	 <p>19H00-19H45</p> <p>AQUABIKE TRAINING <small>résa internet</small></p>
 <p>19H30-20H20</p> <p>BODY BALANCE</p>	 <p>20H00-20H45</p> <p>AQUABIKE <small>résa internet</small></p>

FITNESS	PISCINE
 <p>17H30-18H00</p> <p>X-TREM ABDOS</p>	 <p>10H00-10H45</p> <p>AQUA BODY</p>
 <p>18H05-19H00</p> <p>BODY PUMP</p>	 <p>11H15-12H00</p> <p>AQUABIKE <small>résa internet</small></p>
 <p>19H00-19H30</p> <p>POURSUITE <small>résa internet</small></p>	 <p>12H30-13H15</p> <p>AQUA DYNAMIC</p>
 <p>19H30-20H20</p> <p>BODY COMBAT</p>	 <p>14H00-16H45</p> <p>NATATION ENFANTS <small>forfait spécifique</small></p>
	 <p>17H15-18H00</p> <p>AQUABIKE TRAINING <small>résa internet</small></p>
	 <p>18H15-19H00</p> <p>AQUA MINCEUR</p>
	 <p>19H15-20H00</p> <p>AQUA CIRCUIT</p>

FITNESS	PISCINE
 <p>09H30-10H20</p> <p>PILATES</p>	 <p>09H30-10H15</p> <p>AQUA MINCEUR</p>
 <p>10H30-11H20</p> <p>BODY PUMP</p>	 <p>10H30-11H15</p> <p>AQUA BODY</p>
 <p>12H30-13H20</p> <p>STEP</p>	 <p>12H30-13H15</p> <p>AQUABIKE TRAINING <small>résa internet</small></p>
 <p>17H45-18H30</p> <p>ABDOS FESSIERS</p>	 <p>18H00-18H45</p> <p>AQUA BODY</p>
 <p>18H35-19H25</p> <p>RPM <small>résa internet</small></p>	 <p>19H00-19H45</p> <p>AQUA DYNAMIC</p>
 <p>19H30-20H15</p> <p>CIRCUIT TRAINING</p>	 <p>20H00-20H45</p> <p>AQUABIKE <small>résa internet</small></p>

FITNESS	PISCINE
 <p>10H00-10H50</p> <p>ZUMBA</p>	 <p>09H30-10H15</p> <p>AQUABIKE <small>résa internet</small></p>
 <p>11H00-11H30</p> <p>STRETCHING</p>	 <p>10H30-11H15</p> <p>AQUA BODY</p>
 <p>12H30-13H20</p> <p>BODY PUMP</p>	 <p>12H30-13H15</p> <p>AQUA CIRCUIT</p>
 <p>18H00-18H50</p> <p>BODY BALANCE</p>	 <p>13H30-14H15</p> <p>FUTURE MAMAN</p>
 <p>19H00-19H50</p> <p>ZUMBA</p>	 <p>15H30-16H15</p> <p>AQUA BODY</p>
	 <p>16H45-19H15</p> <p>NATATION ENFANTS <small>forfait spécifique</small></p>
	 <p>19H15-20H00</p> <p>AQUABIKE TRAINING <small>résa internet</small></p>

FITNESS	PISCINE
 <p>10H00-10H45</p> <p>CIRCUIT TRAINING</p>	 <p>09H30-10H30</p> <p>BÉBÉS NAGEURS <small>forfait spécifique</small></p>
 <p>11H00-11H50</p> <p>RPM <small>résa internet</small></p>	 <p>10H40-12H10</p> <p>NATATION ENFANTS <small>forfait spécifique</small></p>
	 <p>12H30-13H15</p> <p>AQUA MINCEUR</p>
	 <p>13H30-15H00</p> <p>NATATION ENFANTS <small>forfait spécifique</small></p>

 Entretien et développer son tonus musculaire

 Renforcement Postural

 Se défouler en s'amusant

 Sculpter sa silhouette et brûler des calories

 Développer son énergie, perdre du poids et améliorer son endurance



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