

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE	FITNESS	PISCINE
<p>09H30-10H20</p> <p>LIA</p>	<p>09H15-10H00</p> <p>AQUA DYNAMIC</p>	<p>09H15-10H15</p> <p>BODY PUMP</p>	<p>09H30-10H15</p> <p>AQUA BODY</p>	<p>10H30-11H15</p> <p>GLOBAL TRAINING</p>	<p>09H30-10H15</p> <p>AQUABIKE</p> <p><small>reisa internet</small></p>	<p>09H30-10H20</p> <p>ABDOS FESSIERS</p>	<p>09H15-10H00</p> <p>AQUA MINCEUR</p>	<p>09H30-10H15</p> <p>AQUA BODY</p>	<p>09H30-10H15</p> <p>AQUA BODY</p>	<p>10H15-11H15</p> <p>BODY PUMP</p>	<p>09H15-12H30</p> <p>NATATION ENFANTS</p> <p><small>forfait spécifique</small></p>
<p>10H30-11H20</p> <p>ABDOS FESSIERS</p>	<p>10H15-11H00</p> <p>AQUA BODY</p>	<p>10H30-11H20</p> <p>BODY BALANCE</p>	<p>10H30-11H15</p> <p>AQUA CIRCUIT</p>	<p>11H15-11H45</p> <p>STRETCHING</p>		<p>10H30-11H20</p> <p>BODY BALANCE</p>	<p>10H15-11H00</p> <p>AQUA BODY</p>	<p>11H15-12H00</p> <p>FUTURE MAMAN</p>	<p>10H00-10H50</p> <p>PILATES</p>	<p>10H45-11H30</p> <p>AQUABIKE</p> <p><small>reisa internet</small></p>	<p>11H30-12H20</p> <p>ABDOS FESSIERS</p>
<p>12H30-13H20</p> <p>CARDIO BOXE</p>	<p>12H30-13H15</p> <p>AQUA BODY</p>	<p>12H30-13H20</p> <p>RPM</p> <p><small>reisa internet</small></p>	<p>12H30-13H15</p> <p>AQUABIKE TRAINING</p> <p><small>reisa internet</small></p>	<p>12H30-13H20</p> <p>BODY BALANCE</p>	<p>12H30-13H15</p> <p>AQUA DYNAMIC</p>	<p>12H30-13H15</p> <p>BODY PUMP</p>			<p>12H30-13H15</p> <p>GLOBAL TRAINING</p>	<p>12H30-13H15</p> <p>AQUA MINCEUR</p>	<p>12H45-13H30</p> <p>AQUA MINCEUR</p>
			<p>14H30-15H15</p> <p>AQUA BODY</p>		<p>14H15-17H15</p> <p>NATATION ENFANTS</p> <p><small>forfait spécifique</small></p>						<p>14H30-15H15</p> <p>AQUA BODY</p>
		<p>17H30-18H20</p> <p>RPM</p> <p><small>reisa internet</small></p>	<p>17H00-17H45</p> <p>AQUA CIRCUIT</p>	<p>17H00-17H50</p> <p>ABDOS FESSIERS</p>		<p>18H00-18H30</p> <p>CIRCUIT TRAINING</p>					
<p>17H30-18H30</p> <p>BODY PUMP</p>	<p>18H00-18H45</p> <p>AQUA DYNAMIC</p>	<p>18H30-19H20</p> <p>CARDIO BOXE</p>	<p>18H00-18H45</p> <p>AQUA MINCEUR</p>	<p>18H00-18H50</p> <p>RPM</p> <p><small>reisa internet</small></p>	<p>17H30-18H15</p> <p>AQUA BODY</p>	<p>18H30-19H00</p> <p>X-TREM ABDOS</p>	<p>17H30-18H15</p> <p>AQUA CIRCUIT</p>			<p>17H15-18H15</p> <p>NATATION ENFANTS</p> <p><small>forfait spécifique</small></p>	<p>11H15-12H00</p> <p>FORCE TRAINING</p>
<p>18H35-19H25</p> <p>RPM</p> <p><small>reisa internet</small></p>	<p>19H00-19H45</p> <p>AQUA MINCEUR</p>	<p>19H30-20H00</p> <p>X-TREM ABDOS</p>	<p>19H00-19H45</p> <p>AQUABIKE TRAINING</p> <p><small>reisa internet</small></p>	<p>19H00-20H00</p> <p>BODY PUMP</p>	<p>18H30-19H15</p> <p>AQUABIKE TRAINING</p> <p><small>reisa internet</small></p>	<p>19H05-19H55</p> <p>RPM</p> <p><small>reisa internet</small></p>	<p>18H30-19H15</p> <p>AQUA MINCEUR</p>		<p>18H00-18H50</p> <p>BODY BALANCE</p>	<p>18H30-19H15</p> <p>AQUA DYNAMIC</p>	
<p>19H30-20H20</p> <p>STEP</p>	<p>20H00-20H45</p> <p>AQUABIKE</p> <p><small>reisa internet</small></p>	<p>20H00-20H30</p> <p>STRETCHING</p>		<p>19H30-20H15</p> <p>AQUA MINCEUR</p>	<p>20H00-20H50</p> <p>PILATES</p>	<p>20H00-20H50</p> <p>PILATES</p>	<p>19H30-20H15</p> <p>AQUABIKE TRAINING</p> <p><small>reisa internet</small></p>		<p>19H00-19H50</p> <p>LIA</p>	<p>19H30-20H15</p> <p>AQUABIKE</p> <p><small>reisa internet</small></p>	

DIMANCHE

FITNESS	PISCINE
	<p>10H15-11H00</p> <p>AQUA BODY</p>

CLUB DE CAUDÉLAN

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