

# LUNDI

# MARDI

# MERCREDI

# JEUDI

# VENDREDI

# SAMEDI

FITNESS

PISCINE

FITNESS

PISCINE

FITNESS

PISCINE

FITNESS

PISCINE

FITNESS

PISCINE

FITNESS

PISCINE



09H30-10H20

ABDOS  
FESSIERS



10H30-11H20

PILATES



12H30-13H20

GLOBAL  
TRAINING



17H30-18H00

ABDOS  
FESSIERS



18H00-18H50

RPM



19H00-19H50

BODY  
PUMP



20H00-20H50

PILATES



09H30-10H15

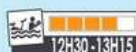
AQUA  
BODY



10H30-11H15

AQUABIKE  
TRAINING

reza internet



12H30-13H15

AQUABIKE  
TRAINING

reza internet



10H00-10H50

BODY  
BALANCE



12H30-13H20

RPM

reza internet



09H30-10H15

AQUA  
BODY



10H30-11H15

AQUA  
DYNAMIC



12H30-13H15

AQUA  
MINCEUR



17H50-18H20

CIRCUIT  
TRAINING



18H30-19H20

ZUMBA



19H00-19H50

RPM

reza internet



17H00-17H45

AQUA  
BODY



18H00-18H45

AQUA  
DYNAMIC



19H00-19H45

AQUABIKE  
TRAINING



20H00-20H45

AQUABIKE

reza internet



10H00-10H45

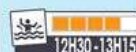
AQUA  
BODY



11H15-12H00

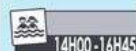
AQUABIKE

reza internet



12H30-13H15

AQUA  
DYNAMIC



14H00-16H45

NATATION  
ENFANTS

forfait spécifique



17H30-18H00

X-TREM  
ABDOS



18H05-19H00

BODY  
PUMP



19H00-19H30

POURSUITE



19H30-20H20

BODY  
COMBAT



17H15-18H00

AQUABIKE  
TRAINING

reza internet



18H15-19H00

AQUA  
MINCEUR



19H15-20H00

AQUA  
CIRCUIT



09H30-10H20

PILATES



10H30-11H20

BODY  
PUMP



12H30-13H20

STEP



17H45-18H30

ABDOS  
FESSIERS



18H35-19H25

RPM



18H35-19H25

RPM



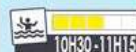
19H30-20H15

CIRCUIT  
TRAINING



09H30-10H15

AQUA  
MINCEUR



10H30-11H15

AQUA  
BODY



12H30-13H15

AQUABIKE  
TRAINING

reza internet



10H00-10H50

ZUMBA



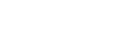
11H00-11H30

STRETCHING



12H30-13H20

BODY  
PUMP



12H30-13H20

BODY  
PUMP



18H00-18H50

BODY  
BALANCE



19H00-19H50

ZUMBA



09H30-10H15

AQUABIKE

reza internet



10H30-11H15

AQUA  
BODY



12H30-13H15

AQUA  
CIRCUIT



13H30-14H15

FUTURE  
MAMAN



15H30-16H15

AQUA  
BODY



16H45-19H15

NATATION  
ENFANTS

forfait spécifique



19H15-20H00

AQUABIKE  
TRAINING

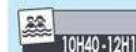
reza internet



09H30-10H30

BÉBÉS  
NAGEURS

forfait spécifique



10H40-12H10

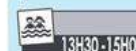
NATATION  
ENFANTS

forfait spécifique



12H30-13H15

AQUA  
MINCEUR



13H30-15H00

NATATION  
ENFANTS

forfait spécifique

Entretien et développer son tonus musculaire

Renforcement Postural

Se défouler en s'amusant

Sculpter sa silhouette et bruler des calories

Développer son énergie, perdre du poids et améliorer son endurance

CLUB DE  
ST-MÉDARD