

Du 10 Septembre 2018 au 7 Juillet 2019

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
		AQUA Biking 9h30-10h30 AQUA Essentiel 9h30-10h45			FIT Cross Training 9h30-10h	Accès Libre 9h – 17h
	COACHING Libre 10h-12h	Attitude YOGA Aérien 9h30-10h45		COACHING Libre 10h-12h	10h30-11h45 COACHING Libre	
	Attitude YOGA 10h45-12h	FIT Relax 10h30-11h15 AQUA Biking 10h30-11h15		Attitude YOGA 10h45-12h	AQUA Biking 11h30-12h	
FIT Relax 11h15-12h		Attitude YOGA Aérien 10h30-11h15	FIT Essentiel 11h15-12h AQUA Pilates 11h15-12h	AQUA Slim 11h00-12h		
AQUA Essentiel 12h15-13h AQUA Biking 12h15-13h	AQUA Essentiel 12h15-13h AQUA Biking 12h15-13h	FIT Essentiel 11h15-12h	FIT Training 12h15-13h AQUA Essentiel 12h15-13h	FIT SRT 12h15-13h AQUA Essentiel 12h15-13h	12h15-13h 12h15-13h	
FIT Essentiel 12h15-13h AQUA Biking 13h00-13h45	FIT Essentiel 12h15-13h AQUA Biking 13h00-13h45	FIT Cross Training 12h30-13h AQUA Essentiel 12h30-13h	FIT Essentiel 12h15-13h AQUA Forme 12h30-13h	COACHING Libre 13h-14h	AQUA Essentiel 13h-14h AQUA Biking 13h-14h	
FIT Cross Training 14h00-14h45 AQUA Essentiel 14h15-14h45	AQUA Essentiel 14h15-15h	COACHING Libre 10h30-11h45	FIT Cross Training 14h00-14h45 AQUA Essentiel 14h15-14h45	FIT Cross Training 14h00-14h45 AQUA Essentiel 14h15-14h45		
COACHING Libre 12h00-13h45	COACHING Libre 15h00-17h	FIT Cross Training 16h00-17h	COACHING Libre 13h00-14h	COACHING Libre 15h-17h30	Accès libre 9h – 19h	
DANSE Zumba 17h30-18h15	FIT Essentiel 17h30-18h15	DANSE Zumba 17h30-18h15	FIT STRONG 17h30-18h15 Attitude YOGA Aérien 17h30-18h15	FIT HIIT 17h30-18h15		
FIT Biking 18h15-19h	DANSE Zumba 18h15-19h	FIT STRONG 18h15-19h	DANSE Step chore 18h15-19h Attitude YOGA Aérien 18h30-19h	FIT Biking 18h30-19h		
FIT COMBAT 19h00-19h45 AQUA Biking 19h00-19h45	FIT Step cardio 19h00-19h45	FIT Biking 19h00-19h45 AQUA Essentiel 19h00-19h45	FIT SRT 19h00-19h45	19h15-20h AQUA Sculpt		
AQUA Essentiel 19h45-20h AQUA Biking 19h45-20h	AQUA Biking 19h15-20h	AQUA Biking 19h15-20h	DANSE Zumba 19h45-20h			
		FIT SRT 19h45-20h AQUA Sculpt 19h45-20h	19h45-20h AQUA Relax	19h45-20h AQUA Forme		
		AQUA Biking 20h00-20h45				



★ Grand nombre de places, réservation généralement non nécessaire : 60€/an
★★ Nombre de places limité, réservation recommandée : 60€/an
★★★ Nombre de places très limité, réservation vivement conseillée: 60€/an

Conformément à nos Conditions Générales de Ventes, le planning peut être sujet à des modifications.
 Version 2019-01-07