

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

Tôt

 07h45 (45')
Power Sculpt

 07h45 (60')
Body Pump

 07h45 (60')
Power Sculpt

 07h45 (60')
Body Pump

 07h45 (45')
Power Sculpt

Matin

 09h00 (60')
Basic Forme

 09h15 (45')
Aqua Fitness

 10h00 (60')
Yoga (Hatha)

 10h00 (60')
CAF

 10h15 (45')
Aqua Slim

 11h00 (60')
Body Balance

 09h00 (45')
Stretching

 09h15 (45')
Aqua Slim

 10h00 (30')
Abdos Fessiers

 10h15 (45')
Aqua Fitness

 09h00 (60')
Basic Forme

 09h15 (45')
Aqua Fitness

 10h00 (45')
Stretching

 10h15 (45')
Aqua Slim

 09h00 (60')
Stretching

 09h00 (90')
Tai Chi Chuan

 09h15 (45')
Aqua Fitness

 10h00 (60')
Basic Forme

 10h15 (45')
Aqua Slim

 10h30 (60')
Silver Tonic

 09h00 (60')
CAF

 09h15 (45')
Aqua Slim

 10h00 (60')
Basic Forme

 10h15 (45')
Aqua Fitness

 11h00 (45')
Stretching

 09h00 (60')
Body Pump

 09h30 (60')
Power Sculpt

 10h00 (45')
Aqua Fitness

 10h00 (60')
Body Balance

 10h00 (60')
Body Balance

 11h00 (45')
Aqua Crunch

 11h00 (30')
Abdos Fessiers

 11h00 (60')
Power Sculpt

 11h30 (60')
Body Attack

 09h30 (60')
Power Sculpt

 10h00 (30')
Aqua Palming

 10h00 (60')
Body Balance

 10h30 (60')
CAF

 11h00 (45')
Aqua Fitness

 11h00 (60')
Power Sculpt

 11h30 (45')
Sh'Bam

Midi

 12h15 (45')
Power Sculpt

 12h30 (45')
Aqua Fitness

 12h30 (60')
Body Pump

 13h00 (45')
Stretching

 12h15 (45')
Body Combat

 12h30 (45')
Aqua Palming

 12h30 (60')
Power Sculpt

 13h00 (45')
Spartan Ready

 12h15 (45')
Body Balance

 12h30 (45')
Aqua Crunch

 12h30 (60')
Power Sculpt

 13h00 (60')
Body Pump

 12h15 (60')
Body Pump

 12h30 (45')
Aqua Zumba

 12h30 (60')
Power Sculpt

 13h30 (30')
Stretching

 12h15 (60')
Zumba Fitness

 12h30 (45')
Aqua Palming

 12h30 (60')
Power Sculpt

 13h15 (30')
Abdos Fessiers

 12h00 (30')
Stretching

 12h30 (60')
Body Combat

 12h30 (90')
Modern' Jazz

 13h30 (30')
Cx Worx

 12h00 (30')
Cx Worx

 12h30 (45')
Stretching

 12h30 (60')
Body Pump

 13h30 (90')
Danse Orientale ^d

Arrêt des activités 30 min
avant la fermeture du club

^d Débutant
i Intermédiaire

 Cardio
 Danse
 Force
 Mouvement
 Piscine
 Tendance

LUNDI MARDI MERCREDI JEUDI VENDREDI SAMEDI DIMANCHE

Après-midi

15h00 (60') Basic Forme	14h00 (60') Sophrologie	15h00 (60') CAF	14h00 (60') Yoga (Hatha)	14h30 (90') Danse Classique	14h00 (30') Aqua Palming	14h00 (45') Aqua Fitness
16h00 (45') Stretching	14h00 (90') Modern' Jazz ⁱ	16h00 (45') Stretching	14h00 (90') Modern' Jazz ⁱ	15h00 (60') Strala Yoga	14h00 (60') Yoga (Hatha)	14h00 (60') Power Sculpt
17h30 (60') Pilates sculpt	15h00 (60') Sophrologie ⁱ	17h30 (60') Power Sculpt	15h00 (60') Basic Forme	16h00 (60') Basic Forme	14h30 (60') Zumba Fitness	15h00 (45') Aqua Slim
17h30 (30') Cx Worx	16h00 (90') Danse Orientale ⁱ		16h00 (60') Body Balance	17h00 (60') Pilates sculpt	15h00 (60') Salsa ⁱ	15h00 (30') Abdos Fessiers
			17h30 (30') Cx Worx	17h30 (45') Diet & Train	15h00 (45') Aqua Fitness	15h30 (60') Strala Yoga
					15h30 (60') Power Sculpt	
					16h00 (45') Aqua Slim	
					16h00 (60') Barre au Sol	
					16h30 (60') Body Pump	
					17h00 (90') Danse Classique	
					17h30 (60') Body Balance	

Soir

18h00 (60') CAF	18h00 (60') Strala Yoga	18h00 (45') TRX Blast	18h00 (30') Stretching	18h00 (45') TRX Blast
18h30 (45') Aqua Slim	18h30 (45') TRX Blast	18h30 (45') Aqua Fitness	18h00 (60') Body Pump	18h30 (45') Aqua Slim
18h30 (45') TRX Blast	18h30 (45') Aqua Fitness ⁱ	18h30 (60') Body Balance	18h30 (30') Aqua Fitness	18h30 (60') Body Attack
19h00 (60') Power Sculpt	19h00 (60') Power Sculpt	19h00 (30') Cx Worx	18h30 (45') Sh'Bam	19h00 (30') Cx Worx
19h30 (60') Zumba Fitness	19h30 (45') Aqua Fitness	19h30 (45') Aqua Slim	19h00 (60') Hip Hop	19h30 (45') Aqua Fitness
19h30 (45') Aqua Fitness	19h30 (45') CAF	19h30 (60') Danse de Salon	19h30 (45') Aqua Slim	19h30 (30') Abdos Fessiers
20h00 (60') Body Balance	20h00 (60') Zumba Fitness	19h30 (60') Body Attack	19h30 (60') Rock ^d	19h30 (60') Body Pump
20h30 (30') Aqua Fitness	20h30 (30') Aqua Punching	20h30 (30') Aqua Crunch	20h00 (90') Modern' Jazz	20h00 (60') Body Balance
20h30 (60') Body Combat	20h30 (60') Body Pump	20h30 (60') Power Sculpt	20h30 (30') Aqua Punching	
		20h30 (60') Salsa ^d	20h30 (60') Rock ⁱ	

Arrêt des activités 30 min
avant la fermeture du club

d Débutant
i Intermédiaire

- Cardio
- Danse
- Force
- Mouvement
- Piscine
- Tendence