

LUNDI

MARDI

MERCREDI


JEUDI

VENDREDI


SAMEDI



**AQUA COOL**  
9h30 - 10h15



**AQUA SCULPT**  
9h45 - 10h30




**AQUA BIKE**  
10h00 - 10h45




**AQUA COOL**  
10h00 - 10h45


**BEBE NAGEUR**  
10h00-10h30  
10h30-11h00  
**JARDIN AQUATIQUE**  
11h00 - 11h30  
**NATATION DEBUTANTS**  
11h30-12h00  
**NATATION PERFECTIONNEMENT**  
12h00-12h30




**AQUA BIKE**  
10h20 - 11h05




**AQUA TONIC**  
10h30 - 11h15




**AQUA SCULPT**  
10h50 - 11h35




**AQUA CAF**  
10h45 - 11h30




**AQUA TONIC**  
12h30 - 13h15




**AQUA SCULPT**  
12h45 - 13h30




**AQUA CAF**  
12h30 - 13h15




**AQUA BIKE**  
12h30 - 13h15




**AQUA SCULPT**  
12h30 - 13h15



**AQUA CAF**  
12h45 - 13h30




**AQUA SCULPT**  
17h25 - 18h10



**AQUA TONIC**  
18h00 - 18h45


**JARDIN AQUATIQUE**  
16h15 - 16h45  
**NATATION DEBUTANTS**  
16h45 - 17h15  
**NATATION PERFECTIONNEMENT**  
17h15-17h45




**AQUA TONIC**  
17h25 - 18h10




**AQUA SCULPT**  
17h30 - 18h15




**AQUA BIKE**  
13h30 - 14h15




**AQUA TONIC**  
18h10 - 18h55




**AQUA BOXE**  
18h45 - 19h30



**AQUA BIKE**  
18h00 - 18h45




**AQUA CAF**  
18h10 - 18h55



**AQUA BIKE**  
18h30 - 19h15




**AQUA BIKE**  
19h00 - 19h45



**AQUA BIKE**  
19h40 - 20h25



**AQUA CAF**  
19h00 - 19h45



**AQUA BIKE**  
19h15 - 20h00

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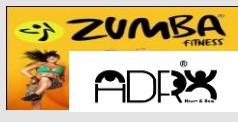
**Pilates**  
10h15 - 11h15




**Stretch**  
11h15 - 11h45




**LES MILLS BODY PUMP**  
10h45 - 11h45




**ZUMBA FITNESS ADRX**  
12h30 - 13h15




**LES MILLS BODY COMBAT**  
12h30 - 13h15



**LES MILLS BODY PUMP**  
12h30 - 13h15



**Pilates**  
12h30 - 13h30



**Bike**  
12h30 - 13h15




**Bike**  
11h45 - 12h30




**Abdos Fessier**  
18h00 - 18h30




**Body Sculpt**  
18h00 - 18h45




**LES MILLS BODY COMBAT**  
18h00 - 18h45



**Bike**  
18h00 - 18h45



**C.A.F**  
18h00 - 18h45



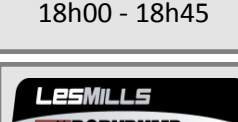
**Horaires d'ouverture :**  
  
**Du lundi au vendredi**  
9h15 - 21h00  
  
**Le samedi**  
10h00 - 16h00



**Bike 45' + LES MILLS BODY PUMP**  
18h30 - 19h30



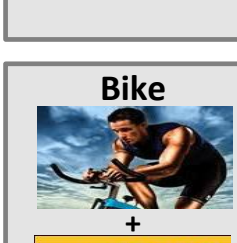
**LES MILLS BODY COMBAT**  
18h45 - 19h30



**LES MILLS BODY PUMP**  
18h45 - 19h45



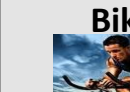
**C.A.F**  
19h00 - 19h45



**Bike + ZUMBA FITNESS**  
18h45 - 19h30




**ZUMBA FITNESS ADRX**  
19h40 - 20h25



**Bike**  
19h30 - 20h15



**Stretch**  
19h45 - 20h15



**Pilates**  
19h45 - 20h30