





















































	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9H00							
10H00		9H00 – 10H00 BODY BARRE  10		9H15 – 10H00 SWISSBALL  12			
11H00	10H00 – 10H45 CAF  16	10H15 – 11H15 YOGA DYNAMIQUE  16 10H15 – 10H45 CYCLING  8	10H00 – 10H45 STEP  14	10H15 – 11H15 YOGA DYNAMIQUE  16	10H00 – 10H45 BODY SCULPT  16	10H15 – 11H00 CIRCUIT TRAINING  12	10H30 – 11H15 CAF  16
12H00	11H – 11H45 MAT PILATES  16	11H15 – 12H15 YOGA DOUX  16	11H00-11h45 STRETCHING  16	11H15 – 12H15 YOGA DOUX  16	11H – 11H45 MAT PILATES  16	11H00-11h45 STRETCHING  16	11H15-12H00 CIRCUIT TRAINING  12
13H00	12H00 – 12H45 CARDIO DANSE  16	12H30 – 13H15 CAF  16		12H30 – 13H00 ABDOS FESSIERS  16		12H00-12H30 CYCLING  8	12H00-12H30 STRETCHING BIEN-ÊTRE  16
14H00		13H15 – 13H45 SWISS BALL  12	13H00 – 13H45 CIRCUIT TRAINING  12	13H – 13H30 STRETCHING  16	13H00 – 13H30 CYCLING  8 13H40 – 14H00 STRETCHING  16		
17H00						16H30 – 17H15 POWER FIT  12	
18H00	17H00 – 18H00 YOGA DYNAMIQUE  16				17H00 – 17H50 YOGA DYNAMIQUE  16	17H15 – 18H00 BODY SCULPT  16	
19H00	18H00 – 19H00 YOGA DOUX  16	18H – 18H45 MAT PILATES  16	18H30 – 19H00 CAF  16	18H – 18H45 MAT PILATES  16	18H00 – 18H50 RESPIRATION MEDITATION Nouveau  16	18H – 18H30 STRETCHING BIEN ÊTRE  16	18H00 – 18H30 CUISSÉS - FESSIERS  16
20H00	19H00 -19H30 CYCLING  8	19H00 – 19H30 ABDOS-DOS  16	19H00 – 19H45 SWISS BALL  12	19H00 – 19H45 POWER FIT  12	19H00 – 19H45 BODY BARRE  10		18H30 – 19H SPECIAL DOS  16
21H00	19H45 – 20h30 BODY SCULPT  16	19H30 – 20H HIIT  14	19H45 – 20H15 STRETCHING  16	19H45 – 20H15 CYCLING  8	19H45 – 20H15 ABDOS STRETCH  16		19H – 19H30 VENTRE PLAT DE GASQUET Nouveau  16



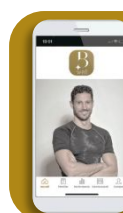
**RENFORCEMEN
T**



CARDIO



GYM DOUCE



Inscriptions aux cours sur l'application*
 Barrière Well, ou auprès des coaches.





Espaces aquatiques



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
11H00							
12H00	11H15 – 12H00 AQUA CYCLING 8	11H15 – 12H00 AQUA GYM 10	11H15 – 12H00 AQUA GYM 10	11H15 – 12H00 AQUA CYCLING 8	11H15 – 12H00 AQUA GYM 10	11H15 – 12H00 AQUA GYM 10	11H15 – 12H00 AQUA GYM 10
13H00							
14H00						13H15 – 13H45 AQUA PALMES* 6	13H15 – 13H45 AQUA PALMES* 6
15H00	14H00 – 14H45 AQUA GYM 10	14H00 – 14H45 AQUA GYM 10	14H00 – 14H45 AQUA CYCLING 8	14H00 – 14H45 AQUA GYM 10	14H00 – 14H45 AQUA GYM 10	14H00 – 14H45 AQUA GYM 10	14H00 – 14H45 AQUA GYM 10
16H00	15H00 – 15H30 AQUA PALMES* 6 15H30 – 16H00 AQUA ABDO 10	15H00 – 15H30 AQUA ABDO 10 15H30 – 16H00 AQUA PALMES* 6	15H30 – 16H15 AQUA GYM 10	15H00 – 15H30 AQUA ABDO 10 15H30 – 16H00 AQUA PALMES* 6	15H30 – 16H15 AQUA CYCLING 8	15H30 – 16H15 AQUA GYM 10	15H30 – 16H15 AQUA GYM 10
17H00							
18H00	17H00 – 17H45 AQUA GYM 10	17H00 – 17H45 AQUA CYCLING 8	17H00 – 17H45 AQUA CYCLING 8	17H00 – 17H45 AQUA GYM 10	17H00 – 17H45 AQUA GYM 10	17H00 – 17H45 AQUA CYCLING 8	17H00 – 17H45 AQUA CYCLING 8
19H00							
20H00	19H00 – 19H45 AQUA CYCLING 8	19H00 – 19H45 AQUA PALMES* 6	19H00 – 19H45 AQUA TRAINING 10	19H00 – 19H45 AQUA CYCLING 8	19H00 – 19H45 AQUA GYM 10		

Doux à modéré

Modéré à soutenu

Niveaux de difficulté :

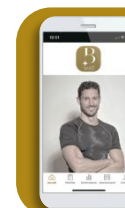
AQUA ABDO

AQUA CYCLING

AQUA TRAINING

AQUA PALMES

AQUA GYM



Inscriptions aux cours sur l'application*
 Barrière Well, ou par téléphone au
 01 39 34 10 25.



*Aqua palmes : palmes non fournies