





















































	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9H00		9H00 – 10H00 BODY BARRE 		9H15 – 10H00 SWISSBALL 			
10H00	10H00 – 10H45 CAF 	10H15 – 11H15 YOGA DYNAMIQUE 	10H00 – 10H45 STEP 	10H15 – 11H15 YOGA DYNAMIQUE 	10H00 – 10H45 BODY SCULPT 	10H15 – 11H00 BODY SCULPT 	10H30 – 11H15 CAF 
11H00	11H – 11H45 MAT PILATES 	10H15 – 10H45 CYCLING 	11H00-11h45 STRETCHING 	11H15 – 12H15 YOGA DOUX 	11H – 11H45 MAT PILATES 	11H00-11H20 ABDOS FLASH 	11H15-12H00 CIRCUIT TRAINING 
12H00	12H00 – 12H45 CARDIO DANSE 	11H15 – 12H15 YOGA DOUX 	12H00 – 12H45 CIRCUIT TRAINING 	12H30 – 13H00 VENTRE PLAT DEGASQUET 	11h20-12h05 STRETCHING 		12H00-12H30 STEP 
13H00		12H30 – 13H15 CAF 		13H – 13H30 STRETCHING 	13H00 – 13H30 CYCLING 		
14H00		13H15 – 13H45 SWISS BALL 			13H40 – 14H00 STRETCHING 		
17H00						16H30 – 17H15 CIRCUIT TRAINING 	
18H00	17H00 – 18H00 YOGA DYNAMIQUE 	18H – 18H45 MAT PILATES 	18H30 – 19H00 CAF 	18H – 18H45 MAT PILATES 	17H00 – 17H50 YOGA DYNAMIQUE 	17H15 – 18H00 BODY SCULPT 	18H00 – 18H30 CUISSSES - FESSIERS 
19H00	18H00 – 19H00 YOGA DOUX 	19H00 – 19H30 ABDOS-DOS 	19H00 – 19H45 SWISS BALL 	19H00 – 19H45 CIRCUIT TRAINING 	18H00 – 18H50 YOGA DOUX 	18H – 18H30 STRETCHING 	18H30 – 19H SPECIAL DOS 
20H00	19H00 -19H30 CYCLING 	19H30 – 20H HIIT 	19H45 – 20H15 STRETCHING 	19H45 – 20H15 CYCLING 	19H00 – 19H45 BODY BARRE 		19H – 19H30 VENTRE PLAT DE GASQUET 
21H00	19H45 – 20h30 BODY SCULPT 				19H45 – 20H15 ABDOS STRETCH 		



Renforcement musculaire



Cardio Training



Relaxation et détente

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auprès des coachs et maîtres-nageurs
ou en ligne sur notre site



Espaces aquatiques



	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
11H00							
12H00	11H15 – 12H00 AQUA CYCLING 12	11H15 – 12H00 AQUA TRAINING 12	11H15 – 12H00 AQUA GYM 12	11H15 – 12H00 AQUA CYCLING 12	11H15 – 12H00 AQUA BOXING 12	11H15 – 12H00 AQUA GYM 12	11H15 – 12H00 AQUA GYM 12
13H00							
14H00						13H15 – 13H45 AQUA PALMES* 6	13H15 – 13H45 AQUA ABDOS 12
15H00	14H00 – 14H45 AQUA GYM 12	14H00 – 14H45 AQUA GYM 12	14H00 – 14H45 AQUA CYCLING 12	14H00 – 14H45 AQUA GYM 12	14H00 – 14H45 AQUA GYM 12	14H00 – 14H45 AQUA CYCLING 12	14H00 – 14H45 AQUA GYM 12
16H00	15H00 – 15H30 AQUA PALMES* 6 15H30 – 16H00 AQUA ABDO 12	15H00 – 15H30 AQUA ABDO 12 15H30 – 16H00 AQUA PALMES* 6	15H30 – 16H15 AQUA GYM 12	15H00 – 15H30 AQUA ABDO 12 15H30 – 16H00 AQUA TRAINING* 12	15H30 – 16H15 AQUA CYCLING 12	15H30 – 16H15 AQUA TRAINING 12	15H30 – 16H15 AQUA GYM 12
17H00							
18H00	17h-17h45 AQUA GYM 12	17H00 – 17H45 AQUA CYCLING 12	17H00 – 17H45 AQUA CYCLING 12	17H00 – 17H45 AQUA GYM 12	17H00 – 17H45 AQUA GYM 12	17H00 – 17H45 AQUA CYCLING 12	17H00 – 17H45 AQUA CYCLING 12
19H00							
20H00	19h00-19h35 AQUA BOXING 12	19H00 – 19H45 AQUA PALMES* 6	19H00 – 19H45 AQUA TRAINING 12	19H00 – 19H45 AQUA CYCLING 12	19H00 – 19H35 AQUA BOXING 12		

Doux à modéré

Modéré à soutenu

Niveaux de difficulté :

AQUA ABDO

AQUA CYCLING

AQUA TRAINING

AQUA PALMES

AQUA GYM

AQUA BOXING

Réservation sur place
auprès des coachs et maîtres-nageurs
ou en ligne sur notre site