

## LUNDI

10h15

SAUNA  
30 minutes

11h15

SPA SAUNA

18h00

SAUNA  
30 minutes

19h00

SAUNA  
30 minutes

## MARDI

10h15

SAUNA  
30 minutes

11h15

SPA SAUNA

15h00

SAUNA  
30 minutes

16h00

PISCINE – SPA  
SAUNA

## MERCREDI

10h15

SPA SAUNA

11h15

SAUNA  
30 minutes

## JEUDI

10h15

SAUNA  
30 minutes

11h15

SPA SAUNA

15h00

SAUNA  
30 minutes

16h00

PISCINE – SPA  
SAUNA

18h00

SAUNA  
30 minutes

19h00

SAUNA  
30 minutes

## VENDREDI

10h15

SAUNA  
30 minutes

11h15

SAUNA  
30 minutes

18h00

SAUNA  
30 minutes

19h00

SAUNA  
30 minutes

20h00

ACCES PRIVE

## SAMEDI

10h00

SPA SAUNA

11h00

PISCINE – SPA  
SAUNA

14h30

SPA SAUNA

15h30

SPA SAUNA

16h30

ACCES PRIVE

17h30

ACCES PRIVE

## LUNDI

09h00

**BOOST TRAINING**

10h00

**LIGHT TRAINING**

11h00

**RENFO MUSCULAIRE**

12h15

**TRAINING**

17h00

**CUISSES ABDOS FESSIERS**

18h00

**BOOST TRAINING** / **RITUEL**

19h00

**RENFO MUSCULAIRE**

20h00

**SEANCE EXPRESS**

## MARDI

09h00

**LIGHT TRAINING** / **RITUEL**

10h00

**APPUIS EQUILIBRE**

11h00

**STRETCH & DOS**

12h15

**RENFO MUSCULAIRE**

17h00

**LIGHT TRAINING**

18h00

**TRAINING**

19h00

**BOOST TRAINING**

20h00

**SEANCE EXPRESS**

## MERCREDI

09h00

**STRETCH & DOS**

10h00

**BOOST TRAINING**

11h00

**CUISSES ABDOS FESSIERS**

12h15

**TRAINING**

13h00

**SEANCE EXPRESS**

17h00

**RENFO MUSCULAIRE**

18h00

**TRAINING** / **RITUEL**

19h00

**STRETCH & DOS**

## JEUDI

09h00

**RENFO MUSCULAIRE**

10h00

**CUISSES ABDOS FESSIERS**

11h00

**APPUIS EQUILIBRE**

12h15

**TRAINING** / **RITUEL**

17h00

**STRETCH & DOS**

18h00

**BOOST TRAINING** / **CUISSES ABDOS FESSIERS**

19h00

**TRAINING** / **RITUEL**

20h00

**SEANCE EXPRESS**

## VENDREDI

09h00

**BOOST TRAINING**

10h00

**STRETCH & DOS**

11h00

**TRAINING**

12h15

**CUISSES ABDOS FESSIERS**

13h00

**SEANCE EXPRESS**

17h00

**SEANCE EXPRESS**

18h00

**TRAINING**

19h00

**LIGHT TRAINING**

## SAMEDI

10h00

**JAYDANCE**

11h00

**PILATES**

**BOOST TRAINING**

**SEANCE EXPRESS**

**JAY DANCE**

**RENFO MUSCULAIRE**










## LUNDI

- 09h15  
 AQUA GYM
- 10h15  
 AQUA RENFO
- 11h15  
 SPA SAUNA
- 12h30  
 AQUA TRAINING
- 15h00  
 AQUA TRAINING
- 18h00  
 AQUA TRAINING
- 19h00  
 AQUA BOOST
- 20h00  
 AQUA ZEN

## MARDI

- 08h15  
 AQUA ZEN
- 09h15  
 AQUA TRAINING
- 10h15  
 AQUA GYM
- 11h15  
 SPA SAUNA
- 12h30  
 AQUA BOOST
- 13h30  
 AQUA RENFO
- 15h00  
 AQUA TRAINING
- 16h00  
 PISCINE – SPA SAUNA
- 17h00  
 AQUA ZEN
- 19h00  
 AQUA TRAINING
- 20h00  
 AQUA CARDIO










## MERCREDI

- 08h15  
 AQUA BOOST
- 09h15  
 AQUA RENFO
- 10h15  
 SPA SAUNA
- 11h15  
 AQUA GYM
- 12h30  
 AQUA CARDIO
- 15h30  
 AQUA GYM
- 20h00  
 AQUA BIKE ABDOS

## JEUDI

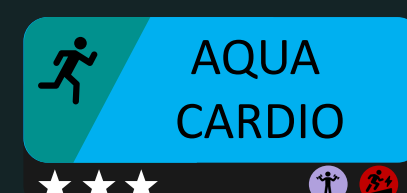
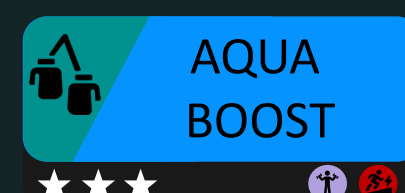
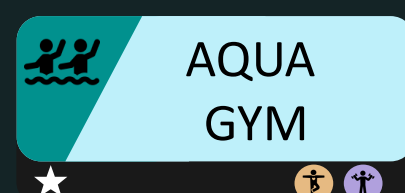
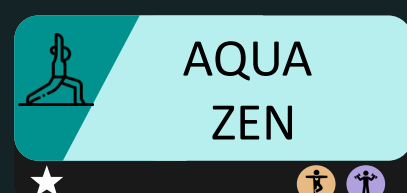
- 08h15  
 AQUA TRAINING
- 09h15  
 AQUA GYM
- 10h15  
 AQUA ZEN
- 11h15  
 SPA SAUNA
- 12h30  
 AQUA BIKE ABDOS
- 15h00  
 AQUA RENFO
- 16h00  
 PISCINE – SPA SAUNA
- 17h00  
 AQUA GYM
- 18h00  
 AQUA CARDIO
- 19h00  
 AQUA TRAINING
- 20h00  
 AQUA BOOST

## VENREDI

- 08h15  
 AQUA GYM
- 10h15  
 AQUA CARDIO
- 10h15  
 AQUA ZEN
- 11h15  
 AQUA BOOST
- 12h30  
 AQUA TRAINING
- 16h00  
 AQUA GYM
- 17h00  
 AQUA TRAINING
- 18h00  
 AQUA BIKE ABDOS
- 19h00  
 AQUA ZEN

## SAMEDI

- 09h00  
 AQUA TRAINING
- 10h00  
 SPA SAUNA
- 11h00  
 PISCINE – SPA SAUNA
- 12h00  
 AQUA BIKE ABDOS
- 14h30  
 SPA SAUNA
- 15h30  
 SPA SAUNA



## LUNDI

## MARDI

## MERCREDI

## JEUDI

## VENDREDI

## SAMEDI

09h15  
AQUA GYM

10h15  
AQUA RENFO

12h30  
AQUA TRAINING

15h00  
AQUA TRAINING

18h00  
AQUA TRAINING

19h00  
AQUA BOOST

20h00  
AQUA ZEN

08h15  
AQUA ZEN

09h15  
AQUA TRAINING

10h15  
AQUA GYM

12h30  
AQUA BOOST

13h30  
AQUA RENFO

15h00  
AQUA TRAINING

17h00  
AQUA ZEN

19h00  
AQUA TRAINING

20h00  
AQUA CARDIO

08h15  
AQUA BOOST

09h15  
AQUA RENFO

11h15  
AQUA GYM

12h30  
AQUA CARDIO

15h30  
AQUA GYM

20h00  
AQUA BIKE ABDOS

08h15  
AQUA TRAINING

09h15  
AQUA GYM

10h15  
AQUA ZEN

12h30  
AQUA BIKE ABDOS

15h00  
AQUA RENFO

17h00  
AQUA GYM

18h00  
AQUA CARDIO

19h00  
AQUA TRAINING

20h00  
AQUA BOOST

08h15  
AQUA GYM

10h15  
AQUA CARDIO

10h15  
AQUA ZEN

11h15  
AQUA BOOST

12h30  
AQUA TRAINING

16h00  
AQUA GYM

17h00  
AQUA TRAINING

18h00  
AQUA BIKE ABDOS

19h00  
AQUA ZEN

09h00  
AQUA TRAINING

12h00  
AQUA BIKE ABDOS



## LUNDI

11h15

NATATION  
COACHING

13h30

NATATION  
COACHING

17h00

NATATION  
COACHING

## MARDI

11h15

NATATION  
COACHING

16h00

NATATION  
COACHING

18h00

NATATION  
COACHING

## MERCREDI

10h15

NATATION  
COACHING

## JEUDI

11h15

NATATION  
COACHING

14h00

NATATION  
COACHING

16h00

NATATION  
COACHING

## VENDREDI

14h30

NATATION  
COACHING

## SAMEDI

10h00

NATATION  
COACHING

14h30

NATATION  
COACHING

15h30

NATATION  
COACHING

## LUNDI

## MARDI


## MERCREDI

## JEUDI


## VENDREDI

## SAMEDI


12h00

 Bilan condition physique


13h00

 Bilan condition physique


18h00

 Bilan condition physique


19h00

 Bilan condition physique


10h00

 Bilan condition physique


11h00

 Bilan condition physique


17h00

 Bilan condition physique


18h00

 Bilan condition physique

12h00

 Bilan condition physique

13h00

 Bilan condition physique