

### LUNDI

#### SALLE | BALNÉO

09h00  
BOOST TRAINING | AQUA TRAINING

10h00  
BOOST DIET | AQUA BOOST

11h00  
PERTE DE POIDS BOOST

12h15  
TRAINING | AQUA TRAINING

17h00  
CUISSSES ABDOS FESSIERS

18h00  
TRAINING | AQUA TRAINING

19h00  
RENFO MUSCULAIRE | AQUA TRAINING

20h00  
BOOST TRAINING | AQUA PILATES

### MARDI

#### SALLE | BALNÉO

9h00  
GYM DOUCE | AQUA PILATES

10h00  
BOOST TRAINING | AQUA TRAINING

11h00  
BOOST DIET

12h15  
RENFO MUSCULAIRE | AQUA TRAINING

17h00  
BOOST TRAINING | AQUA TRAINING

18h00  
TRAINING | AQUA BOOST

19h00  
BOOST TRAINING | AQUA GYM

20h00  
TRAINING | AQUA BIKE

### MERCREDI

#### SALLE | BALNÉO

9h00  
STRETCH DOS | AQUA GYM

11h00  
CUISSSES ABDOS FESSIERS | NATATION

12h15  
BOOST TRAINING | AQUA TRAINING

15h45  
MULTI SPORT

18h00  
TRAINING

19h00  
PERTE DE POIDS BOOST

20h00  
BOOST TRAINING

### JEUDI

#### SALLE | BALNÉO

09h00  
TRAINING | AQUA TRAINING

10h00  
AQUA GYM

11h00  
APPUIS EQUILIBRE | AQUA PILATES

12h15  
TRAINING | AQUA BIKE

17h00  
BOOST DIET

17h00  
STRETCH DOS | AQUA BOOST

18h00  
BOOST TRAINING | AQUA TRAINING

19h00  
TRAINING | AQUA TRAINING

### VENDREDI

#### SALLE | BALNÉO

9h00  
PERTE DE POIDS BOOST

10h00  
AQUA PILATES

11h00  
RITUELS SAUNA

12h15  
CUISSSES ABDOS FESSIERS | AQUA TRAINING

17h00  
BOOST TRAINING

18h00  
TRAINING | AQUA TRAINING

19h00  
GYM DOUCE | AQUA TRAINING

### SAMEDI

#### SALLE | BALNÉO

09h00  
CUISSSES ABDOS FESSIERS | NATATION

10h00  
MULTI SPORT | AQUA TRAINING

11h00  
BOOST TRAINING

12h00  
AQUA BIKE