

LUNDI

09h00
AQUA GYM

10h00
AQUA RENFO

11h30
AQUA BIKE ABDOS

12h30
AQUA TRAINING

14h30
AQUA CARDIO

18h00
AQUA TRAINING

19h00
AQUA BOOST

20h00
AQUA ZEN

MARDI

09h00
AQUA TRAINING

10h00
AQUA GYM

11h30
AQUA ZEN

12h30
AQUA BOOST

13h30
AQUA GYM

14h30
AQUA TRAINING

15h30
AQUA RENFO

16h30
AQUA ZEN

19h00
AQUA TRAINING

20h00
AQUA CARDIO

MERCREDI

09h00
AQUA RENFO

10h00
AQUA TRAINING

11h30
AQUA GYM

12h30
AQUA CARDIO

19h00
AQUA GYM

20h00
AQUA BIKE ABDOS

JEUDI

08h00
AQUA TRAINING

09h00
AQUA GYM

10h00
AQUA ZEN

11h30
AQUA CARDIO

12h30
AQUA BIKE ABDOS

15h00
AQUA RENFO

17h00
AQUA GYM

18h00
AQUA CARDIO

19h00
AQUA TRAINING

20h00
AQUA BOOST

VENDREDI

08h00
AQUA ZEN

09h00
AQUA CARDIO

10h00
AQUA GYM

11h30
AQUA BOOST

12h30
AQUA TRAINING

13h30
AQUA GYM

15h30
AQUA GYM

16h30
AQUA BOOST

18h00
AQUA BIKE ABDOS

19h00
AQUA TRAINING

SAMEDI

09h00
AQUA TRAINING

11h30
AQUA GYM

12h30
AQUA BIKE ABDOS



SPORT SANTÉ



SPORT PERFORMANCE



SPORT BIEN ÊTRE



AQUA ZEN

★ (S) (P) (B) (C)



AQUA GYM

★ (S) (P) (B) (C)



AQUA TRAINING

★★ (S) (P) (B) (C)



AQUA RENFO

★★ (S) (P) (B) (C)



AQUA BIKE ABDOS

★★★ (S) (P) (B) (C)



AQUA BOOST

★★★ (S) (P) (B) (C)



AQUA CARDIO

★★★ (S) (P) (B) (C)