

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h Aqua 15 GYM 30'	9h Aqua 10 POWER 30'	9h Aqua 00 BIKE & JUMP 30'	9h Aqua 10 TONIC 30'	9h Aqua 30 JUMP 30'	9h Aqua 15 BIKE 30'
10h Aqua 00 TRAINING 45'	9h Aqua 50 JUMP 30'	9h Aqua 45 GYM 30'	9h Aqua 50 POWER 30'	10h Aqua 15 TRAINING 45'	10h Aqua 00 BIKE 30'
11h Aqua 00 BIKE 30'	10h Aqua 30 TONIC 30'	10h Aqua 30 BOXE 30'	10h Aqua 30 GYM 30'	11h Aqua 30 BIKE 30'	10h Aqua 45 GYM 30'
11h Aqua 45 BIKE 30'	11h Aqua 10 GYM 30'	11h Aqua 10 TONIC 30'	11h Aqua 10 TRAINING 30'		11h Aqua 30 MIX 30' (Semaine paire)
	11h Aqua 50 TRAINING 30'	11h Aqua 50 POWER 30'	11h Aqua 50 BOXE 30'		
12h Aqua 30 GYM 30'	12h Aqua 30 MIX 30'	12h Aqua 30 BIKE 30'	12h Aqua 30 GYM 30'	12h Aqua 30 TRAINING 45'	
	16h Aqua 30 TRAINING 45'	15h Aqua 30 TRAINING 45'	16h Aqua 30 BIKE 30'	15h Aqua 45 GYM 30'	
17h Aqua 00 GYM 30'	17h Aqua 30 GYM 30'	16h Aqua 30 GYM 30'	17h Aqua 30 BIKE 30'	16h Aqua 30 TRAINING 30'	
17h Aqua 45 JUMP 30'	18h Aqua 30 TRAINING 45'	17h Aqua 30 BIKE 30'	18h Aqua 15 TRAINING 45'	17h Aqua 15 TRAINING 30'	
18h Aqua 30 TONIC 45'	19h Aqua 30 BIKE 30'	18h Aqua 30 BIKE 30'	19h Aqua 15 JUMP 45'	18h Aqua 00 BIKE 30'	
19h Aqua 30 BIKE 30'	20h Aqua 15 BIKE 30'	19h Aqua 30 TONIC 45'			

Horaires d'ouverture

9H/21H
lundi et vendredi

8H45/21H
mardi, mercredi, jeudi

9H/17H
samedi

Cours sur réservation
avec HEITZ FIT 3.0



LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h 30 LESMILLS 45' BODYBALANCE	9h 30 ZUMBA 45'	9h 30 C.A.F 45'	9h 30 Abdo Dos 45'	9h 30 Trio Gym 45'	9h 30 C.A.F 30'
10h 30 Trio Gym 45'	10h 30 LESMILLS 45' BODYPUMP	10h 30 Stretch 30'	10h 30 Swiss Ball 45'	10h 30 LESMILLS 45' BODYBALANCE	10h 00 Stretch 30'
12h 30 LESMILLS 45' BODYPUMP	12h 30 LESMILLS 50' RPM ®	12h 30 Cross Training 45'	12h 30 LESMILLS 30' sprint	12h 30 ZUMBA 45'	10h 45 LESMILLS 60' BODYPUMP
14h 45 Gym 45'		14h 45 LESMILLS 30' BODYPUMP	14h 45 C.A.F 30'	14h 45 Abdo Dos 30'	12h 00 ZUMBA 60' Semaine paire
15h 30 Stretch 30'		15h 30 Swiss Ball 30'	15h 30 LESMILLS 30' BODYBALANCE	15h 30 Stretch 30'	12h 00 LESMILLS 50' RPM ® Semaine impaire
	16h 30 Gym 30'				
17h 15 LESMILLS 60' BODYPUMP	17h 15 C.A.F 45'	17h 15 Trio Gym 45'	17h 15 LESMILLS 50' RPM ®	17h 15 C.A.F 45'	
18h 20 C.A.F 45'	18h 20 LESMILLS 60' BODYBALANCE	18h 20 LESMILLS 60' BODYCOMBAT	18h 20 ZUMBA 60'	18h 20 LESMILLS 60' BODYPUMP	
18h 20 LESMILLS 50' RPM ®		18h 30 LESMILLS 30' sprint			
19h 30 ZUMBA 60'	19h 30 LESMILLS 60' BODYMIX	19h 30 LESMILLS 60' BODYBALANCE	19h 30 LESMILLS 60' BODYATTACK	19h 30 LESMILLS 50' RPM ®	



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® cours sur réservation