

LUNDI

9h Aqua 30'
15 GYM

10h Aqua 45'
00 TRAINING

11h Aqua 30'
00 BIKE

11h Aqua 30'
45 BIKE

12h Aqua 30'
30 GYM

17h Aqua 30'
00 GYM

17h Aqua 30'
45 JUMP

18h Aqua 45'
30 TONIC

19h Aqua 30'
30 BIKE

MARDI

9h Aqua 30'
10 POWER

9h Aqua 30'
50 JUMP

10h Aqua 30'
30 TONIC

11h Aqua 30'
10 GYM

11h Aqua 30'
50 TRAINING

12h Aqua 30'
30 MIX

16h Aqua 30'
45 TRAINING

17h Aqua 30'
25 GYM

18h Aqua 30'
05 TONIC

18h Aqua 30'
45 POWER

19h Aqua 30'
30 BIKE & JUMP

20h Aqua 30'
15 BIKE

MERCREDI

9h Aqua 30'
00 BIKE & JUMP

9h Aqua 30'
45 TONIC

10h Aqua 30'
30 TRAINING

11h Aqua 30'
10 BOXE

11h Aqua 30'
50 POWER

12h Aqua 30'
30 BIKE

15h Aqua 45'
30 TRAINING

16h Aqua 30'
30 GYM

17h Aqua 30'
30 BIKE

18h Aqua 30'
30 BIKE

19h Aqua 45'
30 TONIC

JEUDI

9h Aqua 30'
00 TRAINING

9h Aqua 30'
45 GYM

10h Aqua 30'
30 POWER

11h Aqua 30'
10 JUMP

11h Aqua 30'
50 TONIC

12h Aqua 30'
30 TRAINING

16h Aqua 30'
30 BIKE

17h Aqua 30'
30 BIKE

18h Aqua 45'
15 TRAINING

19h Aqua 45'
15 JUMP

VENREDI

9h Aqua 30'
30 JUMP

10h Aqua 45'
15 TRAINING

11h Aqua 30'
30 BIKE

12h Aqua 45'
30 TRAINING

15h Aqua 30'
45 GYM

16h Aqua 30'
30 TRAINING

17h Aqua 30'
15 TRAINING

18h Aqua 30'
00 BIKE

SAMEDI

9h Aqua 30'
15 BIKE

10h Aqua 30'
00 BIKE

10h Aqua 30'
45 GYM

11h Aqua 30'
30 MIX

(Semaine impaire)

Horaires d'ouverture

9H/21H
lundi et vendredi

8H45/21H
mardi, mercredi, jeudi

9H/17H
samedi

Cours sur réservation
avec HEITZ FIT 4

