

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

FITNESS

PISCINE



09H30-10H20

LIA



10H30-11H20

ABDOS
FESSIERS



12H30-13H15

FORCE
TRAINING



17H30-18H30

BODY
PUMP



18H30-19H20

RPM



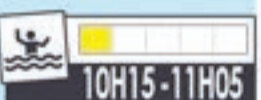
19H30-20H20

STEP



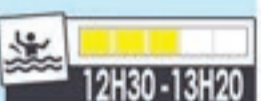
09H15-10H05

AQUA BODY
MINCEUR



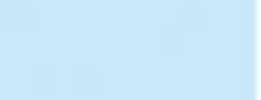
10H15-11H05

AQUA
DOUCE



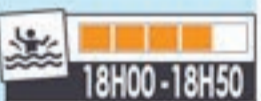
12H30-13H20

AQUA
BODY



17H00-17H50

AQUA BODY
MINCEUR



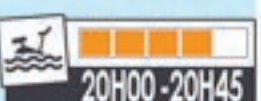
18H00-18H50

AQUA BODY
MINCEUR



19H00-19H50

AQUA
MINCEUR



20H00-20H45

AQUABIKE

FITNESS

PISCINE



09H15-10H15

BODY
PUMP



10H30-11H20

BODY
BALANCE



12H30-13H20

RPM



17H45-18H15

X-TREM
ABDOS



18H30-19H20

BODY
COMBAT



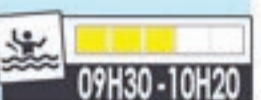
19H30-20H00

POURSUITE



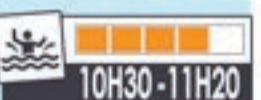
20H15-20H45

YOG'
ATTITUDE



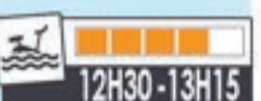
09H30-10H20

AQUA
BODY



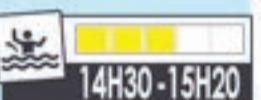
10H30-11H20

AQUA BODY
MINCEUR



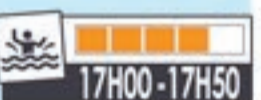
12H30-13H15

AQUABIKE



14H30-15H20

AQUA
BODY



17H00-17H50



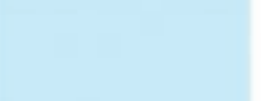
18H00-18H50

AQUA
MINCEUR



19H00-19H50

AQUABIKE
TRAINING



19H30-20H20

AQUA
MINCEUR

FITNESS

PISCINE



10H30-11H15

FORCE
TRAINING



11H15-11H45

STRETCHING



12H30-13H20

BODY
BALANCE



17H00-17H50

ABDOS
FESSIERS



18H00-18H50

RPM



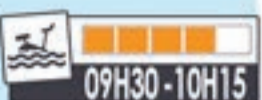
19H00-20H00

BODY
PUMP



19H30-20H20

AQUA
MINCEUR



09H30-10H15

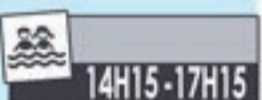
AQUABIKE

résa internet



12H30-13H20

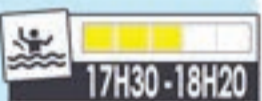
AQUA
MINCEUR



14H15-17H15

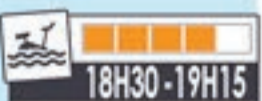
NATATION
ENFANTS

forfait spécifique



17H30-18H20

AQUA
BODY



18H30-19H15

AQUABIKE



19H30-20H20

AQUA
MINCEUR

FITNESS

PISCINE



09H30-10H15

CARDIO TRAINING



10H20-10H50

X-TREM ABDOS



11H00-11H30

YOG' ATTITUDE



12H30-13H15

BODY
PUMP



14H30-15H20

AQUA
DOUCE



18H00-18H45

FORCE
TRAINING



19H00-19H50

RPM



20H00-20H50

PILATES



09H15-10H05

AQUA BODY
MINCEUR



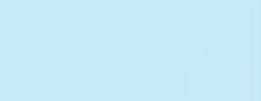
10H15-11H05

AQUA BODY



11H15-12H05

FUTURE MAMAN



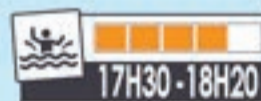
12H30-13H20

AQUA BODY
MINCEUR



14H30-15H20

AQUA
DOUCE



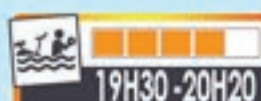
17H30-18H20

AQUA BODY
MINCEUR



18H30-19H20

AQUA
MINCEUR



19H30-20H20

AQUABIKE
TRAINING

FITNESS

PISCINE



10H00-10H50

PILATES



12H30-13H00

FORCE
TRAINING



12H30-13H00

FORCE
TRAINING



13H00-13H30

CARDIO
TRAINING



18H00-18H50

BODY
BALANCE



19H00-19H50

LIA



19H00-19H50

LIA



09H30-10H20

AQUA
BODY



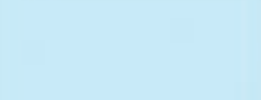
10H30-11H15

AQUABIKE



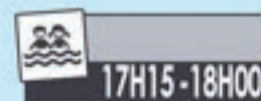
12H30-13H20

AQUA BODY
MINCEUR



12H30-13H20

AQUA BODY
MINCEUR



17H15-18H00

NATATION
ENFANTS



18H30-19H20

AQUA BODY
MINCEUR



19H30-20H15

AQUABIKE

FITNESS

PISCINE



10H15-11H15

BODY
PUMP



11H30-12H20

ABDOS
FESSIERS



12H30-13H00

FORCE
TRAINING



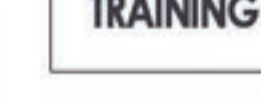
11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



09H15-12H30

NATATION
ENFANTS

forfait spécifique



12H45-13H35

AQUA BODY
MINCEUR

DIMANCHE

FITNESS

PISCINE



11H15-12H05

FORCE
TRAINING



11H15-12H05

FORCE
TRAINING



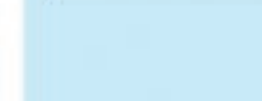
11H15-12H05

FORCE
TRAINING



10H15-11H05

AQUA
BODY



17H15-18H00

NATATION
ENFANTS



17H15-18H00

NATATION
ENFANTS

Entretien et développer son tonus musculaire

Renforcement Postural

Se défouler en s'amusant

Sculpter sa silhouette et bruler des calories

Développer son énergie, perdre du poids et améliorer son endurance

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