FITNESS

PLANNING DU 30 JUILLET AU 02 SEPTEMBRE INCLUS

LUNDI
- 9H15 (50') Super abdos-fessiers
- 10H15 (60') Yoga
- 12H30 (50') Body pump
- 18H (50') Body pump
- 19H (30') Abdos, fessiers & dos
- 19H30 (45') Aéro cardio
- 20H15 (45') Body balance
- 20H15 (45') Cross training

MARDI
- 9H15 (50') Body balance
- 10H15 (50') TRX
- 18H15 (50') Vinyasa flow yoga
- 19H15 (50') Body jam
- 20H15 (50') Body pump

MERCREDI
- 12H30 (30') Fessiers intense
- 13H (30') X'treme abdos
- 19H15 (45') Super abdos-fessiers
- 20H (50') TRX

JEUDI
- 9H15 (50') Body pump
- 10H15 (50') Stretching zen
- 17H30 (50') TRX
- 18H30 (45') HBX boxing
- 19H15 (50') Body pump

VENDREDI
- 10H15 (50') CAF tonic
- 12H30 (50') Body pump
- 18H (30') X'treme abdos
- 18H30 (30') Fessiers intense
- 19H (60') Body balance

SAMEDI
- 9H15 (45') HBX boxing
- 10H15 (50') Body pump
- 11H15 (50') Stretching zen

- RENFORCEMENT MUSCULAIRE
- EFFORT CARDIO-VASCULAIRE
- RELAXATION, BIEN-ÊTRE

BIKING

PLANNING DU 30 JUILLET AU 02 SEPTEMBRE INCLUS

le Nuage — RÉSERVEZ VOS COURS SUR L'APPLI LE NUAGE

LUNDI
- 9H15 (45') SPIVI
- 11H30 (45') SPIVI
- 12H30 (45') SPIVI
- 18H15 (45') SPIVI
- 19H15 (45') LES MILLS RPM
- 21H15 (30') SPIVI

MARDI
- 7H15 (45') SPIVI
- 10H15 45' SPIVI
- 12H30 (45') LES MILLS RPM
- 16H15 (45') SPIVI
- 18H15 (45') LES MILLS RPM
- 19H15 (45') SPIVI

MERCREDI
- 10H15 (45') LES MILLS RPM
- 12H30 (45') SPIVI
- 17H15 (45') SPIVI
- 19H15 (45') SPIVI
- 20H15 (45') SPIVI

JEUDI
- 8H15 (45') SPIVI
- 9H15 (45') SPIVI
- 12H30 (45') LES MILLS RPM
- 19H15 (45') SPIVI
- 20H15 (45') LES MILLS RPM

VENDREDI
- 10H15 (45') SPIVI
- 12H30 (45') SPIVI
- 16H15 (45') SPIVI
- 17H15 (45') SPIVI
- 19H15 (45') SPIVI

SAMEDI
- 10H15 (45') SPIVI
- 12H15 (45') LES MILLS RPM
- 17H15 (45') SPIVI
- 19H15 (45') SPIVI

DIMANCHE
- 10H15 (45') SPIVI
- 12H30 (45') SPIVI
- 17H15 (45') SPIVI

AQUA

(VIDANGE DU BASSIN DU 23 JUILLET AU 12 AOÛT)

PLANNING DU 13 AOÛT AU 02 SEPTEMBRE INCLUS

LUNDI
- 10H15 (60') Aqua gym
- 11H15 (45') Aqua bike
- 12H30 (45') Aqua total abdos
- 18H15 (45') Aqua bike

MARDI
- 18H15 (45') Aqua jump
- 19H15 (45') Aqua bike

MERCREDI
- 18H15 (60') Aqua mix & bike
- 19H15 (45') Aqua training

JEUDI
- 11H15 (45') Aqua gym
- 12H30 (45') Aqua bike
- 18H15 (45') Aqua bike
- 19H15 (60') Aqua mix & bike

VENDREDI
- 11H15 (45') Aqua bike
- 12H30 (45') Aqua training

SAMEDI
- 9H30 (45') Aqua gym
- 10H30 (45') Aqua mix & bike

- ACCESSIBLE À TOUS
- INTENSITÉ MOYENNE
- INTENSITÉ FORTE